

IS THIS THE NEW BODYBUILDING? FIND OUT ON P.176

JOE WEIDER'S

FLEX



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P.78

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OCTOBER 2015



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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.



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PREPARE FOR AWESOME™

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NEW!

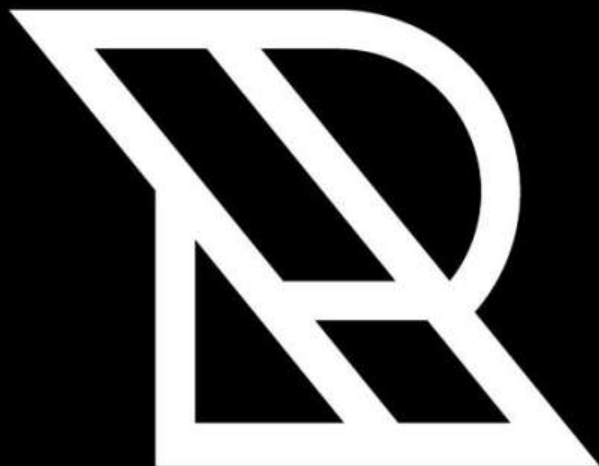
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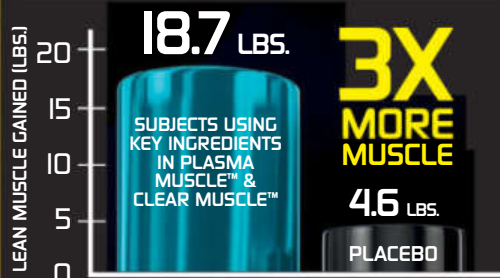
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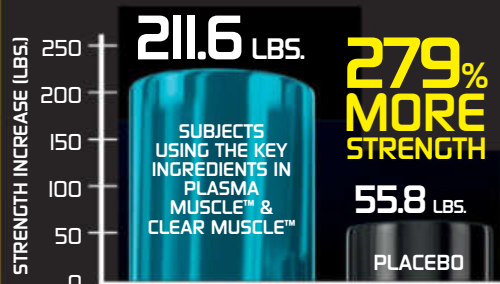


In clinical research, test subjects gained 18.7 lbs. of pure lean muscle in just 12 weeks when combining a core ingredient in Plasma Muscle™ with the core ingredient in Clear Muscle™, while the placebo group gained only 4.6 lbs.

HOW IT WORKS



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2 SCOOPS, 8 WEEKS 8 LBS. MUSCLE MASS*

The muscle building power of beef cannot be disputed. Ask most any bodybuilder and they will tell you that they make their biggest muscle gains and feel their strongest when they eat beef. Thanks to the development of CARNIVOR's advanced bioengineered Beef Protein Isolate (BPI), MuscleMeds has formulated a highly anabolic muscle building protein supplement that's shown in clinical research to build muscle mass and increase strength!

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The study also showed that CARNIVOR BPI supplementation significantly increased lifting strength. Test subjects increased their average bench press strength by over 45 lbs. and added more than 90 lbs. to their deadlift over baseline.* These impressive clinical findings clearly validate the muscle and strength building power of CARNIVOR Beef Protein Isolate.

NICK "3D" TRIGILI
IFBB PRO

THE POWER OF BEEF AT THE SPEED OF WHEY!

23g

PROTEIN

0g

FAT

0

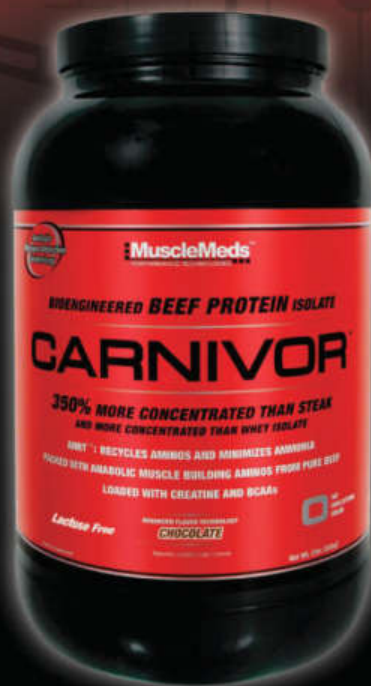
CHOLESTEROL

0

LACTOSE

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SUGAR



CARNIVOR is the world's first and #1 selling Beef Protein Isolate (BPI), delivering 23 grams of high quality pure beef protein in 10 delicious flavors. Thanks to advanced hydrolysis and isolation technologies, CARNIVOR is a 99% pure premium grade beef protein powder from USDA inspected beef that's highly bioavailable and loaded with performance enhancing BCAAs and creatine. CARNIVOR'S exclusive BPI not only digests as fast as whey protein isolate, but is even more concentrated in muscle building amino acids. And with CARNIVOR, you get all the power of 100% beef with 0 fat, 0 cholesterol, 0 sugar, 0 lactose and 0 gluten. CARNIVOR is fortified with creatine, BCAAs and BCKAs for even more muscle building power. Don't be fooled by the other poorly formulated beef protein imitators. BEEF UP your muscles and get the results you want with CARNIVOR!

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BEEF
PROTEIN**



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ESSENTIAL METABOLIC PROTEINS

**NOW
AVAILABLE
IN NEW
RTD!**

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Enjoy the great taste and quality muscle building nutrition of CARNIVOR, the World's #1 Selling Beef Protein Isolate supplement, in a delicious ready-to-drink shake! High protein **CARNIVOR RTD** is the first protein shake of its kind to be made with USDA inspected beef protein. Its advanced hydrolysis technology provides 40 grams of muscle building protein per delicious serving with 0 fat, 0 cholesterol, 0 sugar, 0 lactose and 0 gluten. Plus, CARNIVOR RTDs are loaded with amino acids from high quality beef protein and fortified with branched chain amino acids (BCAAs). CARNIVOR RTD's are the only ready-to-drink shakes made with pure beef protein isolate. Using only USDA inspected beef that is non-GMO, rBST free and hormone free, CARNIVOR RTDs are hydrolyzed for super-fast absorption and more concentrated in amino acids than whey isolate. This advanced hydrolysis process yields a delicious, easy-to-digest and highly bioavailable concentrated pure beef protein isolate, while removing all the fat and cholesterol. Get the muscle building power of pure beef protein in a delicious and convenient shake with the all-new CARNIVOR RTD!

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*Sharp, et al., 2015 ISSN International Conference [Poster]. Muscle mass data based on male subjects. Lean body mass gains compared to baseline. Based on 2 scoops (46 grams protein) daily. Female subjects also experienced an increase in lean body mass.

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"...Exceptional Mixability, and Taste I Couldn't Believe!!!"

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TEAM ALLMAX
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PROTEIN ISOLATE. FOR ENERGY TO
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RIISING STAR
Sporting a physique far beyond his 20 years, USA champ Cody Montgomery is the sport's newest superstar.

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OCT. 2015

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ALWAYS WITHIN REACH

The Animal history is a tale of hard work and uncompromising commitment to excellence spanning four decades. Growing from a small operation in Jersey to the company the best lifters in the world depend on for the tools their goals demand. We're proof that when you apply old school values, the extraordinary becomes tangible. These lessons are what you live every day in the gym. You put your head down and pay dues. And a day at a time, your aspirations become more real. All along the way, Pak is there—providing the foundation upon which you can build something great. In your gym bag, at the training table, Pak remains. Like your dream, always within reach.



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FROM THE CHAIRMAN

MORE IS BETTER

THANKS TO A NEW IFBB DIVISION, WE WILL NOW COVER MORE PHYSIQUES THAN EVER

As a dedicated FLEX reader you've no doubt seen recent trends in bodybuilding and fitness that have resulted in growing fan bases and an influx of new talent. In the world of fitness, CrossFit, adventure racing, and body-weight and suspension training, a host of new participants have come into the fold. In bodybuilding, we've seen the advent of the men's and women's physique divisions, which have opened the competitive doors to many who otherwise might not have found their way to the gym or the stage.

At FLEX, we like to keep two goals in mind as we produce the finest bodybuilding magazine in the world. One is to serve our existing readers with cutting-edge training stories, advanced nutrition principles, and the kind of personality coverage only FLEX can deliver. The second is always to look for ways to expand our reach. As the industry's publishing leader, we see it as our duty to not just promote the lifestyle but to grow it as well, and the physique division provides us with a great opportunity to do so.

In coming issues look for more expansive coverage of a broad range of physiques, from superhumans like Big Ramy, Maxx Charles, and Phil Heath, to the classical lines of men like Anton Antipov, Jeremy Buendia, and Sadik Hadzovic. And let's not forget the ladies of the recently formed women's physique division, who work just as hard as their male counterparts and build formidable physiques in their own right.

Times change and physiques change. FLEX magazine has been chronicling these changes for the past 32 years, and we will continue to cover them while providing you with the best editorial and photography in the industry, in 2015 and beyond.

David J. Pecker

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Chairman, President,
and Chief Executive Officer
of American Media, Inc.



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THE GOLD'S STANDARD

ARNOLD REFLECTS
ON TRAINING AT
THE "MECCA"

Q What was it like training at Gold's Gym back in the day?

—CALVIN H., VIA FACEBOOK

Gold's Venice was, and still is, the mecca of bodybuilding, because the energy that flows through it makes it unlike any other place you could ever train. Its founder, Joe Gold, started the gym in 1965 mainly as a place for his friends to train. If you couldn't afford a membership, Joe usually waived the fee. He even let bodybuilders sleep on the roof if they needed a place to stay.

From the moment I first walked in, I felt inspired to train harder, and the overhead skylights and ocean air that wafted through gave me the charge to do so. There was always some big animal training—Ken Waller, Frank Zane, or Dave Draper—and these guys not only inspired me but also ultimately became some of my best friends, and remain so to this day.

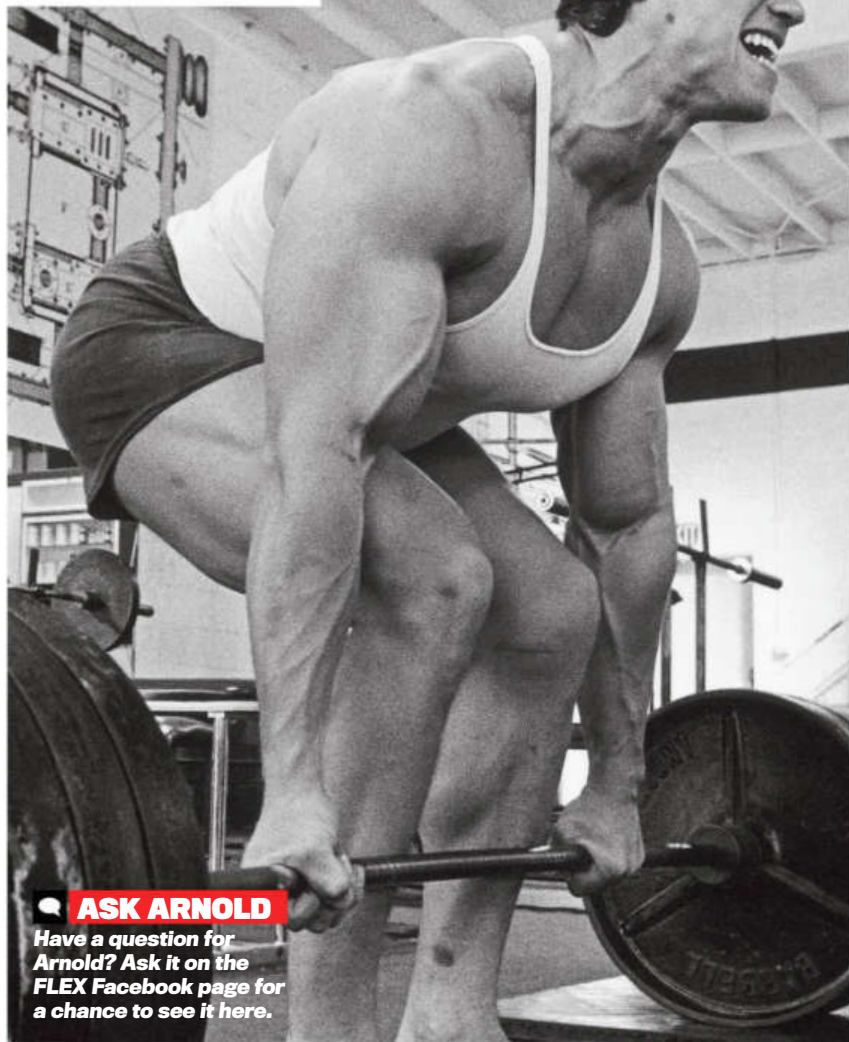
Gold's is celebrating its 50th anniversary this year [Editor's Note: Go to goldsgym.com for details on Gold's 50th birthday bash], and I've watched it expand to become not only the most recognizable gym franchise, but one of the most iconic brands in the world as well. Come in almost any weekday morning and you'll still find me training there.

I'll give you one more fun fact about the old Gold's: The gym was very small, so the showers used to be co-ed!

YOURS IN IRON,



ARNOLD SCHWARZENEGGER



ASK ARNOLD
Have a question for Arnold? Ask it on the FLEX Facebook page for a chance to see it here.



CLANGIN' AND BANGIN'

The equipment has been updated, but the atmosphere and camaraderie of Gold's Venice remains.

NEW!

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It's not always easy to achieve your weight-loss goals. Neither is finding the extra energy and focus to make your workouts count. That's why BPI Sports developed BURN XS™. To help you optimize your overall athletic performance inside the gym, support your mental performance outside the gym, and speed up your metabolism for maximum fat loss. Unlock your potential and reach your fitness goals faster with BURN XS™.*†



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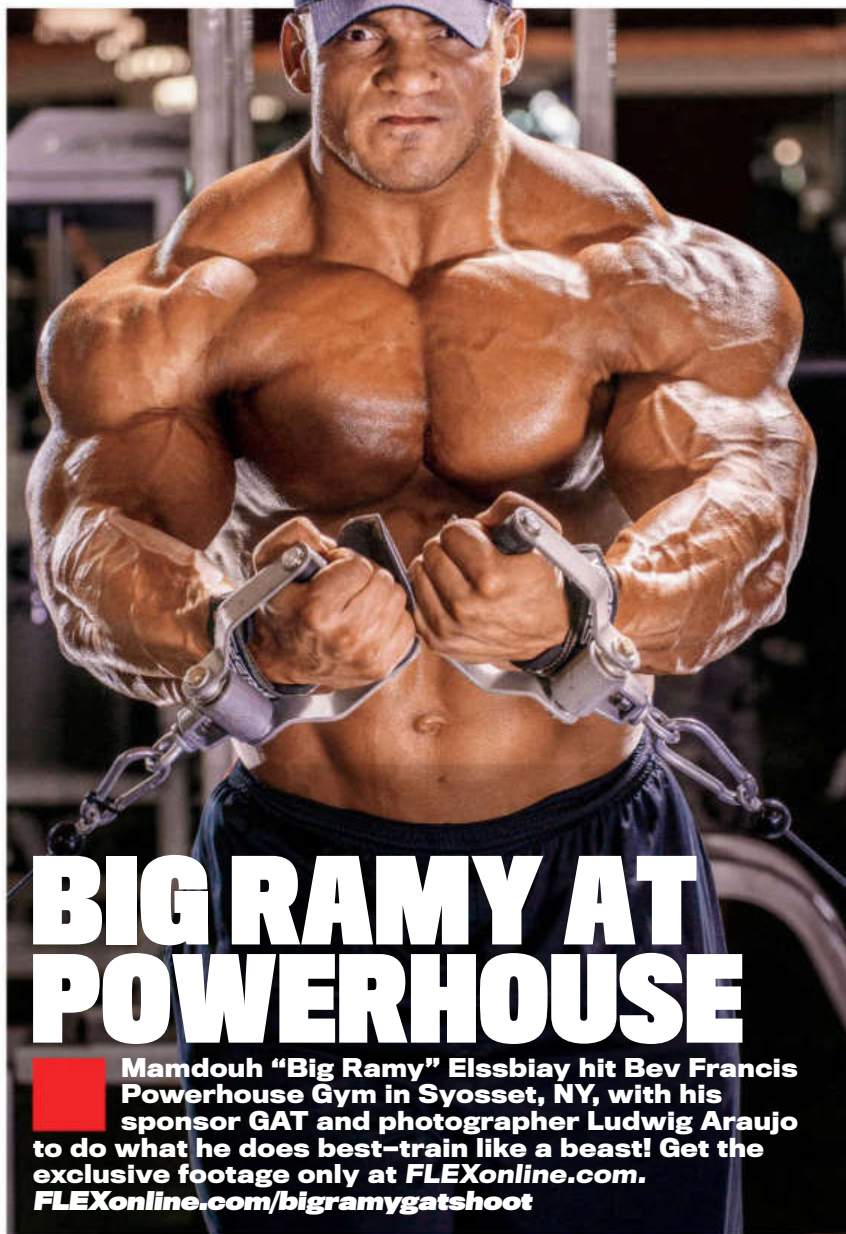
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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.

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Mamdouh "Big Ramy" Elssbiay hit **Bev Francis Powerhouse Gym** in Syosset, NY, with his sponsor **GAT** and photographer **Ludwig Araujo** to do what he does best—train like a beast! Get the exclusive footage only at FLEXonline.com. FLEXonline.com/bigramygatshoot

SOCIAL ALL-STARS



@PhilHeath

It's what happens when you're on top. Happens to every person up there. They build you up to tear you down.

Responding to @xslug_about haters



@SteveKuclo

Posing backstage at the 2014 @mr.olympiallc! Seeing pictures gets the fire hotter and hotter! It's a #fighttothetop and #team kingsnake will be ready! #stevekuclo #amandakuclo #thekucs #kingsnake



@Flex_Lewis

@bevsgym with the big Steve and @juandieselmores. The champ was up in New York and had to hit up the East Coast Mecca for the three days spent up there. #BeFlextra ordinary #IFBB #bevfrancis #eastcoastmecca #FlexLewis



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Of course, we tweet, too. Check out our daily updates by following us at @flex_magazine.



BEHIND THE SCENES WITH HENRI-PIERRE ANJO

■ The streamlined, classic physique of Henri-Pierre Anjo caught our attention at the 2015 New York Pro. See why in his shoot with legendary photog Per Bernal.

FLEXonline.com/henripierreano

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NOT YOUR GRANDMA'S *Lemonade*

PUTTING SOME RAGE INTO **LEMONADE**

NO ARTIFICIAL COLORS OR FLAVORS

A lot of pre-workout products claim to give you incredible pumps and energy, but make sure you check the label. Each scoop of OUTRAGE provides 175mg of caffeine, 750mg of Nitrosigine® & 1.5g of HydroMax® to energize your muscles to perform, recover and enlarge.



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10 THINGS TO KNOW THIS MONTH

HIT LIST



PLAY

After a disappointing fourth installment, *Halo 5: Guardians* aims to blast new life into the franchise with its Warzone mode—the largest multiplayer map in *Halo* history. Anticipate more strategic and tactical game play.

\$60, Oct. 27 for Xbox One

AVOID

Consuming one sugary beverage per day, like soda or sweet tea, can boost a person's risk for type-2 diabetes by up to 18%—even for non-obese people.

Source: British Journal of Medicine



TRAIN

It's not reinventing the wheel (or the exercise ball), but the no-slip-pattern grip helps prevent the SKLZ medicine ball from sailing out of your sweaty paws during exercises such as medicine ball slams. Choose from 6, 8, 10, 12, and 15 pounds.

\$45 and up, sklz.com



MOVE

Made with soft triple-blend antibacterial fabric, the 2XU Movement Engineered Crew minimizes body chafe and features stylized thumbholes for additional coverage of your callus-covered mitts.

**\$90,
2xu.com**



COURTESY OF 343 INDUSTRIES; 2XU; SKLZ; AND GETTY IMAGES.COM

GOLD STANDARD HAS GONE PRE-WORKOUT

You train with determination. You're driven to perform better. Trust ON to energize your efforts with a pre-workout formula that represents the new Gold Standard. Each serving delivers 175 mg of caffeine from natural sources along with a stack of proven ingredients to support energy, focus and endurance*. The Gold Standard for post-workout recovery is now available in a pre-workout formulation.

NEW



HIT LIST



1



2



3



4



5



6

1

UPGRADE

Krups Savoy EC314 coffeemaker features a thermosensor that keeps coffee at a desired temperature for up to four hours. What's more, the design is sleek and space friendly.

\$80,
krupsusa.com

2

RECOVER

Sip on Kill Cliff sugarless drinks post-workout to rehydrate and jump-start recovery. Ingredients include caffeine, green tea, taurine, electrolytes, and vitamins B, C, and E; choose from four tasty flavors.

\$4 and up,
killcliff.com

3

PERFORM

The first FDA-approved wireless electric muscle-stim device uses radio frequency to power electrodes that recover, relax, and strengthen muscle fibers. It's pricey but worth a look if you're an elite athlete.

\$1,149,
shopcompex.com

4

GROOM

Combat pit stank naturally with Onnit organic deodorant. Each handmade bar is vegan-friendly, aluminum-free, and void of processed chemicals. After a few semi-rough swipes it should glide on smooth and easy.

\$10,
onnit.com

5

MONITOR

A 400-pound capacity makes the Escali WB180 Body Composition Scale ideal for bodybuilders looking to keep tabs on body weight, body fat, muscle mass, bone mass, and basal metabolic rate.

\$60,
escali.com

6

WEAR

Sadly, Nike's Free Trainer 3.0 V4s won't boost 1RMs upon first wear. But their synthetic leather/mesh upper, low-profile sole, and diverse colorways can strengthen your style and keep your hooves comfy while you train.

\$120,
nike.com

COURTESY OF KRUPS; KILLCLIFF; SHOPCOMPEX; ONNIT; ESCALI; AND NIKE



SAM DANCER

CROSSFIT/NPGL ATHLETE

Clear.

BetaTOR is the pure, free acid form of HMB (beta-hydroxy-beta-methylbutyrate). HMB is produced naturally in our bodies during the metabolism of the essential amino acid leucine.

Powerful.

This powerful new delivery form is rapidly absorbed so you get a higher peak and greater amount in the blood for maximum results. Additionally, BetaTOR has greater clearance and utilization by your tissues to maximize the benefits.

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Studies show that BetaTOR increases strength and power, improves body composition, and aids in recovery from intense training. BetaTOR works by increasing protein synthesis through multiple mechanisms, including the mTOR pathway, and decreasing protein breakdown.

Visit **BetaTOR.com/flex**.

Read the research. Try for yourself. See the Results.



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Individuals providing testimonies in ads are sponsored athletes or have received the ingredient BetaTOR as a gift from Metabolic Technologies Inc.

These statements have not been evaluated by the Food and Drug Administration.

This product is not intended to diagnose, treat, cure, or prevent any disease.



BetaTOR[®]
Clear. Powerful. Performance.[™]

A black and white photograph of a muscular man, Jerry Pritchett, lifting a large, dark, spherical weight with both hands above his head. He is wearing a dark t-shirt with a logo that says 'ALR INDUSTRIE' and a wristband on his left wrist. The background is a vibrant orange and red with black diagonal stripes radiating from the center. The number '274' is written in red on the weight he is lifting.

WHEN BIG...

JERRY PRITCHETT

6'4" / 364 LBS

PRO STRONGMAN
TEAM ALR

ISN'T BIG ENOUGH

You were born with ability, but it was your decision to be big. A long time ago you decided to lift the heaviest weights in the gym, until you had to move gyms. But we all know being big isn't always big enough. Our demands are to exceed human expectation, and that under no circumstance can anything be wasted – not effort, not training, not desire – and most certainly not the nutrients you put into your body.

THIS IS WHY SUPPLEMENTING WITH HUMAPRO IS SO CRITICAL.

VEGAN-FRIENDLY & GLUTEN-FREE

HUMAPRO[®]



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FOR HUMANS
ONLY!**

When is the last time you wasted anything? We can't remember either.

Only HUMAPRO[®] is formulated with the exact "human ratio" of pharmaceutical grade essential amino acids (EAAs) and co-factors resulting in 99% lean tissue utilization and less than 1% waste. Compare 99% lean tissue utilization to only 17% for common protein powders. Additionally, HUMAPRO[®] has almost 0 calories, inhibits muscle catabolism and assists in nutrient uptake for optimal recovery and results you will see in days.

Less fat & more muscle = superior power, performance and physique.

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NC = Toxic Catabolic Waste

**1 Scoop of HumaPro[®] =
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essential amino acids requirement

HumaPro[®] 99% 1%

COMPARE THIS TO THE OTHER PROTEIN SOURCES BELOW:

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Soy Protein	17%	83%
Bovine Whey Protein	16%	84%
Bovine Casein Protein	16%	84%

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You've invested your time, sweat and energy into your workouts. You've done your part, now you deserve the purest and best nutrients to fuel your results. That's why BPI Sports has their proteins ChromaDex® Verified, to make sure you get the highest quality protein, in each and every bottle. Your body is your temple – nourish it accordingly.*†



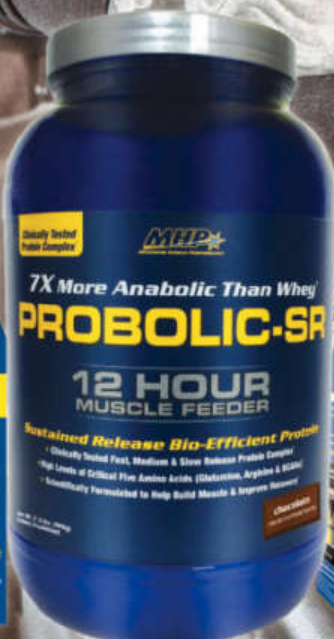
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MHP STRONG

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"Game of Thrones" Star
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MHP's Clinical Strength Guarantee!
You work hard in the gym and you work hard for your money, so you deserve to get results from your supplements. MHP sets the bar for efficacy, clinical testing and innovation in sports nutrition. MHP's commitment to quality and efficacy makes it the brand trusted by champions. Whether you're looking for a protein, testosterone booster or muscle builder, MHP's Clinical Strength Supplements will deliver the results you're looking for – guaranteed!

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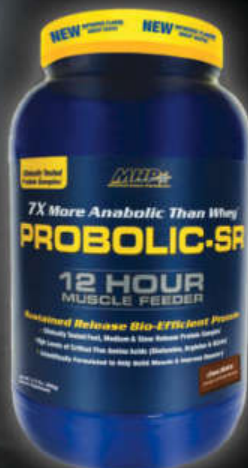


Clinically Tested Testosterone Booster

- BOOST FREE TESTOSTERONE 32% WITHOUT INCREASING ESTROGEN
- BUILD MUSCLE, IMPROVE RECOVERY & INCREASE POWER
- FIVE PHASE HORMONE OPTIMIZING COMPLEX

"T-BOMB has been a staple of my bodybuilding regimen for over 10 years. This third generation of the legendary T-BOMB formula is the best yet!"

– Victor Martinez
2007 Arnold Classic Champion
2011 Arnold Classic Europe
2013 Toronto Pro Champion



Clinically Tested Protein

- 7X MORE ANABOLIC THAN WHEY PROTEIN
- FORMULATED TO BUILD MUSCLE & IMPROVE RECOVERY
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"PROBOLIC-SR is the most advanced protein I've ever used. Since using PROBOLIC-SR I've been able to build muscle, increase power and recover faster!"

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MMA World Champion



Clinically Tested Myostatin Inhibitor

- CLINICALLY TESTED MYOSTATIN INHIBITOR
- BUILD UP TO 8 LBS. OF MUSCLE MASS
- GAIN UP TO 4X GREATER MUSCLE THICKNESS

"After 16 years of competing in strength events, MYO-X is exactly what I needed to stay on top. 2014 was my best year ever, with wins at the World's Strongest Man and Arnold Strongman Classic!"

– Zydrunas Savickas
4x World's Strongest Man



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[†] These statements have not been evaluated by the food and drug administration. This product is not intended to diagnose, treat, cure or prevent any disease.
^{**} When combined with a proper exercise and nutrition program.



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IFBB BODYBUILDING PRO

COMING SOON
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BODYBUILDING

101

FEATURING

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This basic but brutal plan for beginners is your blueprint to a total-body overhaul

So you're not as jacked as any of the guys at your gym—including the dude behind the desk.

Follow this road map to massive strength and size gains and you can be. It won't be easy, and results won't appear overnight, but stay the course and the goal is 100% attainable. The catch? It's on you to execute the game plan we've put together. That includes following the workout plan; forcing yourself to train when you're dog tired; eating clean; and pushing yourself to finish when all you can think about is throwing in the towel.

Now, we're sure you have questions, such as, Which exercises are the best? How many reps and sets should I do? What's the quickest way to see improvements? And you'll get answers, courtesy of nationally ranked bodybuilder John Meadows, C.S.C.S., and his hand-tailored training method, Mountain Dog.

Meadows' program removes the guesswork and omits training elements that simply won't produce results. Whether you want to look the part or eventually compete onstage, set aside the next six months to transform yourself from a beginning wannabe to a full-blown bodybuilder.

BY JOHN MEADOWS, C.S.C.S., AND MARK BARROSO
PHOTOGRAPHS BY PER BERNAL

MIND THE MUSCLES

While most beginner programs focus on compound moves, such as the Big 3—bench press, squat, and deadlift—performed with heavy weight and low reps, Meadows feels that neglects a necessary component of becoming a bodybuilder: the mind-to-muscle connection. Mountain Dog training focuses on maximum muscle growth (hypertrophy) by using isolation exercises performed on machines as a method of developing this all-important link.

“Isolation exercises develop powerful neuromuscular innervation and neural drive, aka the mind-to-muscle connection, by placing mental and neurological focus on a targeted muscle group,” Meadows explains. “If you cannot contract a muscle in isolation, you’ll never be able to fully contract it in a compound movement.”



Pay attention to all muscle groups to build a balanced and complete body from head to toe.

HOW MUSCLES GROW

Mountain Dog training utilizes three scientifically proven principles for muscle growth

1 MUSCULAR DAMAGE

The breakdown of muscle fibers is achieved primarily through eccentric contractions (the negative portion of a rep). There are associations between eccentric contractions and soreness, elevation of protein synthesis, hypertrophy, and strength increases.

2 MECHANICAL TENSION

Colloquially referred to as “time under tension (TUT),” mechanical tension is the window of time in which a muscle is actively contracting. Weight training differs from other forms of exercise because more TUT demands maximal fiber recruitment, which leads to muscle growth.

3 METABOLIC STRESS

Metabolic stress refers to the high-energy demands that exhaust muscles of their stored glycogen and create the “burn” effect during prolonged TUT (high-rep sets). The “pump” feeling comes from metabolic stress. Lighter weight can cause more metabolic stress than heavier weights, resulting in the accumulation of lactate and subsequent muscle growth.

A full-page photograph of a male bodybuilder with extremely defined muscles, flexing his biceps and chest. He is wearing black athletic briefs with white trim on the side. The background is plain white.

INTENSIFY

We're not scoffing at compound exercises or strength. Both are necessary, and Mountain Dog training utilizes them. Training for size requires specific intensity techniques and varying sets and reps to stimulate growth.

"By using intensification techniques and effective execution of reps, you'll not only create an opportunity for muscle growth but also greater potential for strength gains on compound exercises," Meadows says.

TRAINING SPLIT

You'll train three days per week: two on, one off, one on, one off. On the sixth day, cycle through the split again.

Day 1 Legs

Day 2 Chest/
Shoulders/
Triceps

Day 3 Off

Day 4 Back/
Biceps

Day 5 Off

Day 6 Repeat
cycle



DAY 1
LEGS



FANTASTIC 4

Each workout is organized into four distinct phases to achieve optimal hypertrophy while building strength and preventing injury

PHASE 1

Pre-Pump Activation Exercise

This movement is easy on your joints, tendons, and ligaments. It allows you to feel the target muscle, serving as a warmup for the compound movement. This exercise is not an isolation movement designed to pre-exhaust; it's used to pump, not fatigue, the target muscle.

PHASE 2

The Explosive Exercise

This exercise is a compound barbell movement in which the weight is lowered under control and driven up hard and fast. Sets are done by gradually adding weight until you lose speed and can barely keep the bar moving.

PHASE 3

Supra-Maximal Pump Exercise

Your intention is to maximize blood flow and metabolic stress. You'll hammer the target muscle with high-intensity techniques and pump it to its limit with dropsets, partial reps, and forced reps.

PHASE 4

Loaded Stretching Exercise

The goal is to get a complete and safe range of motion with the target muscle being fully elongated. In addition to these dynamic loaded stretching moves, do loaded static stretching at the end of the workout to encourage greater elongation of the muscle belly.



EXERCISE	SETS	REPS	GOAL
Lying Leg Curl	4	20, 20, 12, 10	Activate and pump
Barbell Squat	4	6	Train explosively
Leg Extension (with partials)*	1	12	Supra-max pump
Barbell Stiff-leg Deadlift**	4	10	Work muscle from stretched position
Leg Press Toe Press	2	60 seconds	Supra-max pump

*Use the heaviest weight possible while still achieving a full range of motion. Hold each contraction for 3 seconds at the movement's apex. Do 10 partial reps from the bottom after the set.

**Bend your knees at the bottom of the lift.



DAY 2

CHEST, SHOULDERS, AND TRICEPS

EXERCISE	SETS	REPS	GOAL
Incline Dumbbell Press	3	10	Activate and pump
Barbell Incline Press*	6	8	Train explosively
Seated Machine Chest Press	3	10, 8, 8	Activate and pump
Stretch Pushup**	2	10	Work muscle from stretched position
Dumbbell Bentover Lateral	3	10	Activate and pump
Seated Smith Machine Press	3	6	Train explosively

EXERCISE	SETS	REPS	GOAL
Dumbbell Lateral Raise (with partials)	1	30	Supra-max pump
Rope Pushdown	4	12, 12, 10, 10	Supra-max pump
Lying Triceps Extension	2	10	Work muscle from stretched position

*Do not let the bar touch your chest.

**Place two flat benches or raised step platforms about three feet apart. Place one hand on each bench so your body is in a wide-grip pushup position between the benches. Do a pushup, sinking very low. Drive up to return to the starting position.

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NATURALLY SOURCED
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LEAN BODY MASS GAINED IN 6 WEEKS



Study subjects put on 3.75 lbs. of lean muscle in 6 weeks in leading university research published in the *Journal of the International Society of Sports Nutrition*.

The most advanced strength-enhancing BCAA+ formulas from MuscleTech® are here. Introducing AMINO BUILD® NEXT GEN and AMINO BUILD® NEXT GEN ENERGIZED. Both fully disclosed formulas deliver powerful strength-building and endurance based on 4 gold-standard clinical trials, plus mouthwatering flavors perfected by the world's top flavor experts. Amplify your performance with AMINO BUILD® NEXT GEN from MuscleTech® – try both powerful formulas today!

AMINO BUILD® NEXT GEN & NEXT GEN ENERGIZED

- Clinical doses of key ingredients shown to build muscle & strength
- Core ingredients backed by 4 clinical studies
- Coconut water and watermelon juice complex, plus electrolytes
- Energized formula delivers naturally sourced caffeine for instant energy, focus & intensity
- Amazing refreshing taste!

3.75 LBS. OF MUSCLE

Test subjects supplementing with 2.5g of betaine built 5.5 times more lean muscle than the placebo group (3.75 lbs. vs. 0.66 lbs.). In a separate study, betaine was shown to enhance muscle endurance.

40% MORE STRENGTH

Precisely formulated with a 4g dose of ultra-anabolic leucine, shown in clinical research published in the *International Journal of Sports Physiology and Performance* to help subjects increase their 5-rep max strength by over 40%.

4 BOLD FLAVORS

Get AMINO BUILD® NEXT GEN in mouthwatering Icy Rocket Freeze, White Raspberry, Fruit Punch Splash & Watermelon flavors. The ENERGIZED formula is available in Blue Raspberry, Fruit Punch Splash, Orange Pineapple & Concord Grape.

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RESEARCH & DEVELOPMENT

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SUPERIOR SCIENCE. SUPERIOR RESULTS.™

ABS

Train abs twice a week on any two days of your choosing

Pick one lower-abs exercise from the following list and do two sets of 25 reps.

Hanging Leg Raise

Leg Raise with elbows supported on pad

Decline Bench Leg Raise

Pick one upper-abs exercise from the following list and do two sets of 15-25 reps.

Incline situp

Rope Pulldown/ Crunch

Band Crunch



NEW, SUPERIOR, CLINICALLY DOSED PRE-WORKOUT

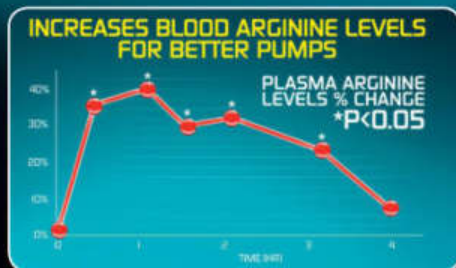


REVOLUTIONIZED FOR INTENSE PUMPS AND SUPERIOR PERFORMANCE

MuscleTech® researchers have reinvented the pre-workout category. To force an intense muscle pump, Anarchy® features patented Nitrosigine® and HydroMax™ glycerol. It also features a one-of-a-kind combination of unique ingredients, such as *Rhodiola*, choline, theanine and more, that's been perfected through countless sensory tests. Anarchy® is also formulated with patented CarnoSyn® for enhanced muscle, strength and power.

- The only pre-workout that delivers HydroMax™, Nitrosigine®, CarnoSyn® and more
- Ingredients backed by multiple research studies
- Fully disclosed label

Just check out our fully disclosed label to see for yourself why Anarchy® is the only pre-workout that delivers unmatched performance, unlike obsolete formulas that underdose their ingredients. And because it's from MuscleTech®, the trusted brand backed by 20 years of excellence, you know it's a best-in-class formula that delivers results. Get it today.



Nitrosigine® has been clinically shown to boost blood arginine levels in test subjects within just 1 hour of their first dose.

THE ANARCHY™ ADVANTAGE

	ANARCHY®	COMPETITOR 1	COMPETITOR 2	COMPETITOR 3
Nitrosigine®	1.5g	Zero	Zero	Zero
HydroMax™	1g	Zero	Zero	Zero
L-theanine	150mg	Zero	Zero	Zero
Choline bitartrate	200mg	Zero	Zero	Undisclosed Amount
Rhodiola	100mg	Zero	Zero	Zero
Beta-alanine	3.2g	3g	Zero	2g

Amounts displayed on the chart are based on a full dose.

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1,000 MC HYDROMAX™

HydroMax™ glycerol is 10 times more concentrated than the competitor's glycerol monostearate.

1,500 MC NITROSIGINE®

Nitrosigine® is a novel form of arginine and silicon that's been clinically shown to increase nitric oxide levels in research conducted at a human performance lab at a prestigious research center in Miami.

3,200 MC PATENTED CARNOSYN®

2 scoops of Anarchy® deliver 3,200mg of patented CarnoSyn® beta-alanine. This is more than the competition. It has also been shown to accelerate musclebuilding in a study published in the *Journal of Strength and Conditioning Research*.



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On all exercises, Montgomery takes great care to focus on the working muscle. This is a key component to bodybuilding success and takes a great deal of time to perfect.



DAY 4

BACK AND BICEPS

EXERCISE	SETS	REPS	GOAL
Meadows Row*	2	8	Activate and pump
Deadlift	4	6	Train explosively
Narrow-grip Chinup	2	Failure	Supra-max pump

EXERCISE	SETS	REPS	GOAL
Dumbbell Pullover	2	10	Work muscle from stretched position
Hammer Curl**	2	10	Supra-max pump
EZ-bar Preacher Curl***	2	10	Supra-max pump

*Place one end of a barbell in the corner of a wall. Load plates on the opposite end. Stand parallel (facing) to the bar. Grab the end of the bar with an overhand grip—this will be the short side of the barbell. Row the barbell toward your rib cage, similar to a one-arm dumbbell row.

**Do 5 partial reps from the bottom after each set.

***On the last set, have a partner give you 4 forced reps or do a dropset.

SUPERIOR FORMULA. SUPERIOR VALUE.



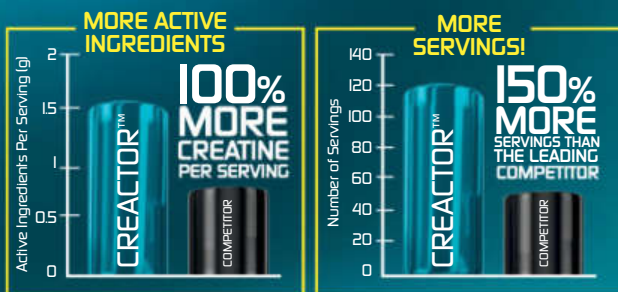
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- Backed by 2 clinical studies
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CREACTOR™ IS SUPERIOR TO THE COMPETITION



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1:1 RATIO OF CREATINE

Features a potent combination of 750mg of free-acid creatine and 750mg of creatine HCl.

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Contains zero fillers, carbs, sugar or fat.

20% MORE MUSCLE CREATINE

Research published in the *Journal of Applied Physiology* has shown that 3g of creatine per day can boost muscle creatine concentration by 20% in 28 days.

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More than double the servings of the competition.



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But now, there's a new, breakthrough protein everyone is talking about called micellar whey that uses unique whey protein molecules with double the molecular weight of regular whey molecules, giving it slow-release properties that last for hours. And since it's a whey protein, micellar whey features a 35% better biological value (a form of measuring protein quality) than casein, plus significantly more leucine and BCAAs. Whey and casein are great proteins, but micellar whey is the best of both worlds – it delivers the ultra-superior benefits of whey at the speed of casein!

— SCIENTIFICALLY BETTER THAN CASEIN —



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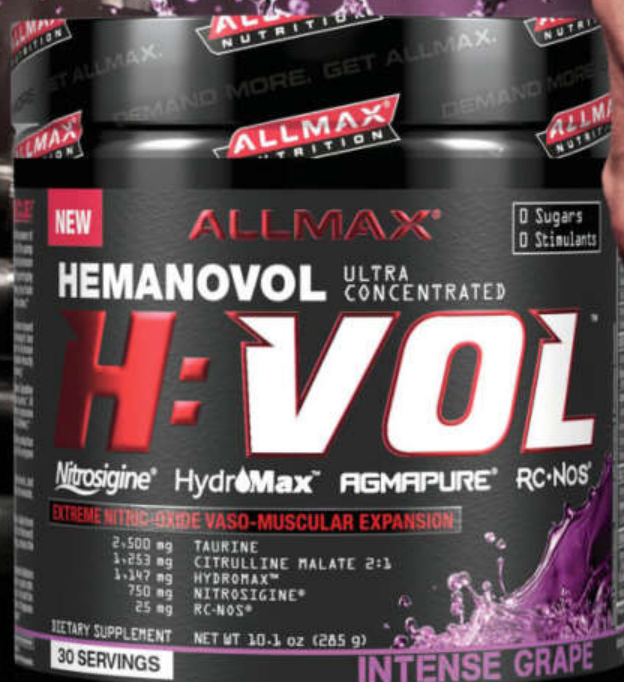
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SUPPLEMENT GIANT

ALL THE HOT TOPICS IN BODYBUILDING AND FITNESS

1ST SET

Newbies in need of a push should check out how Mr. Olympia Phil Heath stayed on point as a beginner.

PAGE 60

Dave Draper's time-tested rules for finding success as a professional bodybuilder.

PAGE 62

Are your tattoos hindering your performance onstage? Flex Lewis breaks down when ink is a problem.

PAGE 64

Is this the hottest school nurse you've ever seen? (Probably.)

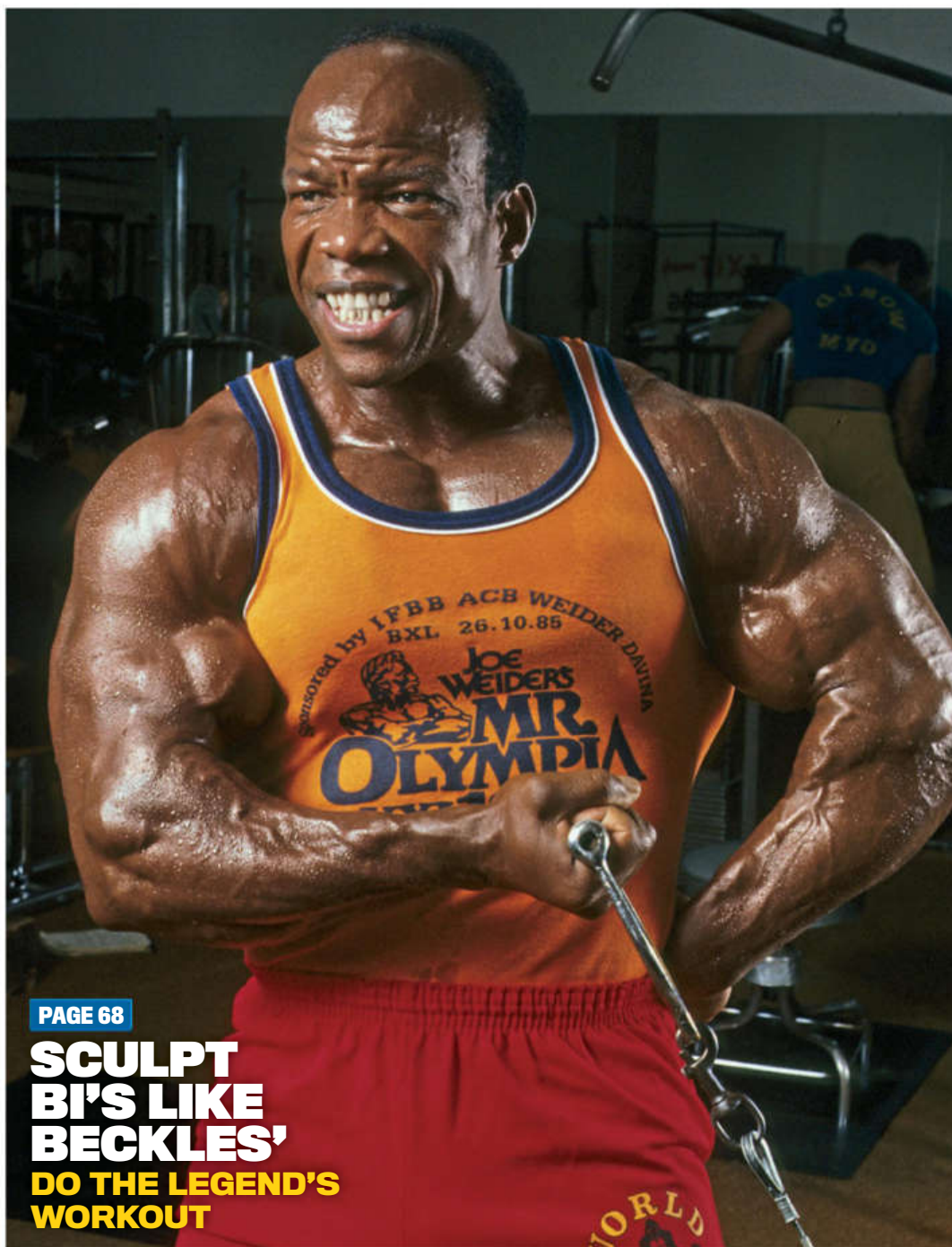
PAGE 69

What's more valuable: hard work or possessing natural talent?

PAGE 70

Tips for maintaining a lean, muscular look year-round.

PAGE 72



PAGE 68

**SCULPT
BI'S LIKE
BECKLES'
DO THE LEGEND'S
WORKOUT**

MIKE NEVEUX/COURTESY OF WEIDER HEALTH AND FITNESS

ASK PHIL
Have a question
for Phil? Ask
it on the FLEX
Facebook page
for a chance to
see it here.

CLASSIC HEATH

MR. O SERVES UP INSPIRATION FOR COMPETITORS
AND BODYBUILDING ENTHUSIASTS

Q When did you consider yourself a “real” bodybuilder?
Oct. 8, 2002. On that day, I took a photo of myself and said, “I’m going to become a pro bodybuilder. No more basketball, no more other sports. I don’t know whether or not I’ll turn pro, but this is what I want to do.” I hadn’t competed yet, but I knew that was what I wanted, and I threw myself into the sport completely. I was like a sponge, soaking up all the knowledge I could and finding ways to progress as a bodybuilder.

What did each of your Olympia wins mean to you? Were they all different?

The first time is complete bliss—a literal dream come true. It takes a while to sink in. The second time is nerve-racking because you want to prove you’re

not a one-hit wonder. The third time is to solidify a dynasty. You’re trying to establish yourself as one of the greats. Going into the fourth one, you realize now it’s about enjoying the journey. What can you do to keep it going? The last guy to do it was Ronnie

Coleman. I made it fun for myself. One of the ways I did that was by relating it to the other sports. Like in the NBA Finals or the World Series, if you win four games you sweep the series. It can’t be more definitive than that. So I started #operationcleansweep. Not to be disrespectful to the other competitors—because every man on that stage has earned his way there—but to motivate myself. When you beat the best bodybuilders on the planet four years in a row, it’s as clear as day. As for the fifth one, I’ll let you know.

Q HOW DID YOU STAY MOTIVATED WHEN YOU WERE FIRST STARTING OUT?

At the time I was working two jobs and riding my bike to the gym. And when I say bike, I’m talking about the kind you pedal! I didn’t feel sorry for myself or tell myself it was too hard and I couldn’t do it. When you want something bad enough, you’ll do whatever it takes. You keep your eye on the prize. Everything you’re doing now, all the hardships you’re enduring, it’s all to achieve a goal you set for yourself.

2015 NPC PHIL HEATH WYOMING CLASSIC

Oct. 17, Cheyenne Civic Center, WY

■ **This national qualifier** will include bodybuilding, fitness, figure, bikini, and men’s and women’s physique. A bonus treat will feature Mr. Olympia himself answering questions in a seminar and guest posing, just a month after the 2015 Olympia. You can bet the champ will have a few good words of advice to share, so get there early. For more info, contact Remi Bruyninga at 734-730-0351.

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JUST THE FACTS

MY TOP 15, NO-NONSENSE, TIME-TESTED TENETS FOR BODYBUILDING SUCCESS

1 Weight training and proper eating combined is the **most direct way** to build muscle and might.

2 Right living and **quality rest** contribute significantly to the lifter's progress.

3 **Genetic makeup** is a determining factor in the structural and muscular development, strength, and rate of advancement.

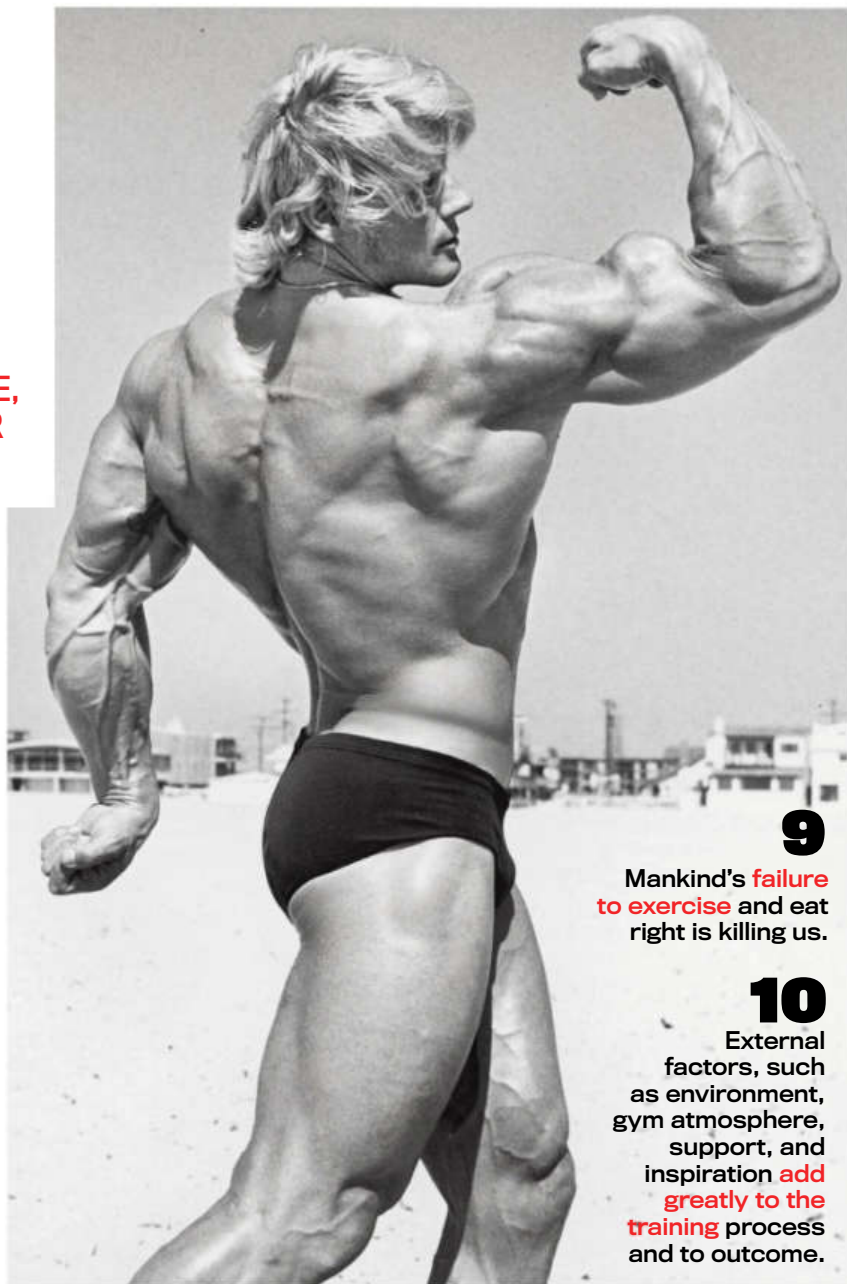
4 Many people start weight training to **achieve fitness goals**, only to give up because they don't reach their expectations quickly, and because the activity is demanding.

5 Immature trainers pursuing extraordinary goals are easy prey for marketing hype.

6 Early weight training **requires order** in exercises, sets, and reps, and practice as the lifter focuses on form, muscle engagement, discomfort, endurance, exercise groove, and pace.

7 Exercise and eating are **basic and simple** in form, yet tough in application.

8 Gain weight too fast and the **lifter will gain fat weight**; lose weight too fast and the lifter will lose muscle.



9 Mankind's **failure to exercise** and eat right is killing us.

10 External factors, such as environment, gym atmosphere, support, and inspiration **add greatly to the training process** and to outcome.

11 Muscle building is an **ongoing process** of discovery, as development unfolds as plateaus, injuries, and obstacles are engaged.

13 Advancements from pills packed with multisyllable **"cutting-edge"** ingredients, or advanced methodologies are, at best, novel.

12 Hypertrophy is caused by **regular muscle overload**; too much overload can cause overtraining or injury.

14 One of the **best arguments** for exercise and eating right is: What if you don't?

15

Muscle building is not limited to building physical health alone. As **discipline, patience, and perseverance are required** to approach the activity, so, too, are these rich qualities developed.

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- ✓ TRANSPARENT LABELING (NO BLENDS)
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- ✓ POWERFUL EFFECTS[†]

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⁺ This product won't work miracles. You still need to eat sensibly, train hard, and get adequate rest to achieve desired results.



STRAIGHT TALK

FLEX LEWIS ON CONTEST PREP, TATS, AND WHY FAVORING A BODY PART IS BAD

Q As a contest promoter, what is a common mistake you see competitors make? The biggest problem I see is that there are too many chiefs and not enough Indians. What a competitor needs is one Indian who says, "You look like shit. You're not ready." Competitors need to work on getting their tans right, they need to listen to their music and practice posing to it—not just the night before the contest, but also every day for weeks until they have it down. And then two times a week. And then three times a week after that just to get good at it.

Do you think tattoos work against a competitor?

I have a small tattoo on my biceps, and a lot of other pros have tattoos—Jon Delarosa, William Bonac, for example. The smaller tattoos aren't an issue. It's the head-to-toe tattoos that cause problems because they blend in with the muscles and the lines, which can make cuts and striations harder to detect. If the ink covers up what you want the judges to see, that's not good.

Favorite dinosaur?

Literally, I just left the theater after watching *Jurassic World*. Special effects were amazingly realistic. I like the smaller ones—the velociraptors.



ASK FLEX

Got a question?
Go to FLEXonline.com/askexperts

Q WHAT IS YOUR FAVORITE BODY PART TO TRAIN?

I don't have one. Maybe that's why I'm such a complete bodybuilder. I get into the gym and I'm looking forward to whatever it is I need to do.

SO YOU WANNA GET BIG?

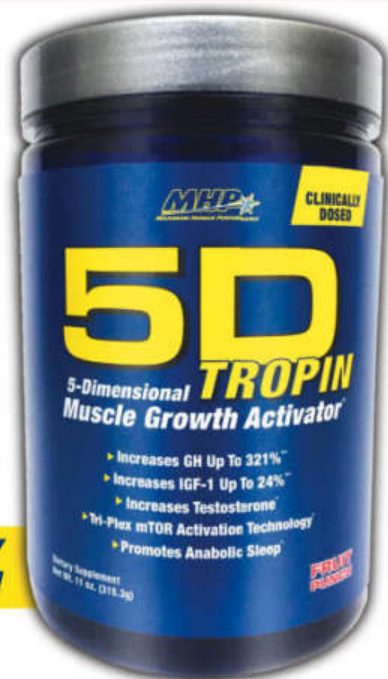


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Powerful Anabolic mTOR Activator • Induces Deep Anabolic Sleep**

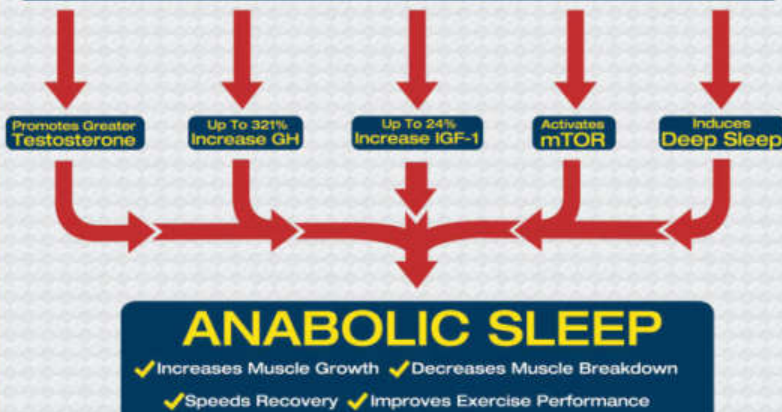
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Welcome to the new frontier of muscle growth with 5D-TROPIN, the world's first 5-Dimensional Muscle Growth Activator! 5D-TROPIN introduces an all new muscle building phenomenon called Anabolic Sleep, which triggers powerful surges in four of the body's most potent muscle growth activators: GH, IGF-1, testosterone and mTOR. Increasing the levels of these key muscle growth activators while your body is at rest is the most opportune time to accelerate muscle growth and recovery far beyond your normal capabilities. 5D-TROPIN is a powerful formula, precisely dosed with efficacious, clinically researched ingredients that have been shown to increase GH up to 321% and IGF-1 up to 24%, while also increasing testosterone and activating the anabolic mTOR pathway.

5D-TROPIN induces a deep Anabolic Sleep and bolsters an anabolic cascade in which the protein kinase mTOR rapidly triggers an increase in muscle protein synthesis. Simultaneously, the anabolic hormones and growth factors GH, IGF-1 and testosterone bind to DNA inside your muscles, leading to the production of key anabolic genes that help promote extreme muscle growth and recovery. Now, with 5D-TROPIN you have the ability to augment nature's most powerful muscle growth regulators and experience muscle building gains like never before.



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DOSED!**

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- ▶ **Growth Hormone (GH)** also increases muscle building genes and functions as a "tropin" hormone – a hormone that increases other anabolic hormones. Principally, GH increases IGF-1.
- ▶ **IGF-1** is a powerful growth factor that increases "satellite cells," which help damaged muscles to repair and grow faster.
- ▶ **mTOR** is an anabolic protein kinase in muscle that regulates and "turns on" protein synthesis.
- ▶ During **Deep REM Sleep** (rapid eye movement) your body becomes extremely sensitive to anabolic nutrients and growth factors, meaning your body is primed to receive the anabolic nutrients supplied by 5D-TROPIN.

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EDDIE ROBINSON
1990 IFBB NIAGARA FALLS PRO
INVITATIONAL WINNER

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ALBERT BECKLES

FATHER TIME COULDN'T TOUCH THE HIGH-DEF LEGEND WITH THE DAGGERLIKE BICEPS



FLEX FACT

Dexter Jackson, who won two Arnold Classics this year at 45, has the best shot at Beckles' record. But will he still be winning in 2022?

Albert Beckles' victory at the Niagara Falls Pro Invitational in 1991 at the AARP-qualified age of 52 remains a record for the oldest winner of an IFBB pro show. But there's so much more to his stupendous four-decade career. The Barbados-born Beckles competed in more than 100 contests, including 13 Olympias. He won the 1971 Mr. Universe and eight pro titles and finished second in the 1985 Olympia, and he still serves as a judge today. Most remarkably, this pollo-vegetarian reinvented himself in middle age. It seemed time to terminate his already-long career when he sank to the bottom of the 1978 Mr. O. But in the early '80s, the 40-something Beckles remade himself as the leanest man in bodybuilding, and his HD physique repeatedly won the biggest checks and contended for Sandows. Throughout it all, Beckles' biceps were celebrated for their sharp peaks—apt metaphors for the great distance he traveled in the IFBB Pro League, from down in the valley to almost the summit.

BECKLES' BICEPS ROUTINE

EXERCISE	SETS	REPS
Seated Dumbbell Curl	4	8-10
Cable Curl	4	8-10
Dumbbell Concentration Curl	4	8-10
One-arm Cable Curl	3	8-12

BECKLES ON BICEPS

"I like exercises that allow me to **focus on contractions**, like cable curls and concentration curls."

"At the top, I **twist my wrists outward** as far as they can go. This creates a tremendous contraction that I hold."

"Higher reps don't bring out more details. **Dieting does.** I try to stick to eight to 12 reps for biceps."

HARDBODY CONFIDENTIAL

KAREY NORTHINGTON

THE IFBB BIKINI PRO IS
PROBABLY THE WORLD'S
MOST POPULAR SCHOOL
NURSE BY PAMELA NULLET

■ **I wish there were a way to avoid spray tans before bikini competitions.**

No matter how many times I do it, which is a lot, I always find a way to mess it up.

■ **Being a junior high school nurse is so rewarding.**

My kids know I'm a personal trainer, but they're a little too young to see the photos. My husband likes to joke that my office is especially busy with "sick" boys all the time.

■ **I'm scared of the sound a balloon makes when it pops.**

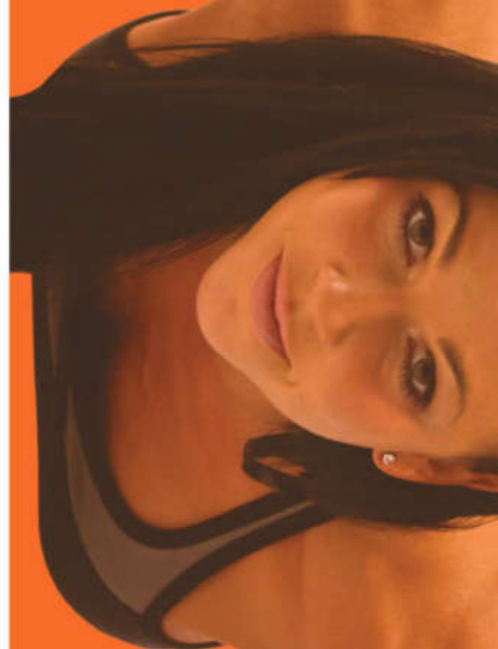
When my 5-year-old son has a balloon and it's heading toward the ceiling fan, I feel like I should hit the deck.

■ **I've had to work hard at my posing and stage presence.**

It doesn't come naturally to me. When someone is comfortable onstage, it comes through.



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ON ACTIVITIES
OUTSIDE THE GYM,
POSING, AND MORE!

JUAN MOREL

Q What was the biggest lesson you learned after your first Mr. Olympia?

I was happy with the way everything played out, so I have no complaints as far as what I could have done differently. If you give your all during your entire prep, that's all anyone can ask.

Is the Olympia really that much bigger than any other pro contest or is it hype?

Yes, it really is! I went to the Olympia two years in a row before I stood onstage, so I knew the scope of the contest. That prepared me, so I wasn't totally overwhelmed. Also, several of my friends have competed in the O, so I knew what to expect.

What areas are you trying to improve?

I want to keep improving from head to toe. Realistically, you can't make those kinds of improvements with several years of training under your belt. So I prioritize individual body parts or specific areas. I worked hard the past couple of years to bring up my legs to match my upper body. Now I want to keep improving while maintaining my small waist.



New Team AMI/Weider athlete Juan Morel is rising up the ranks of the IFBB Pro League.

MAMDOUH "BIG RAMY" ELSSBIAY

Q What's your favorite non-bodybuilding activity?

I like to spend time with my family and watch TV.

How often each week do you practice posing?

Usually about three times a week.

How do you choose your posing music?

I like hip-hop or R&B. The slow music allows me to show every pose. And the hip-hop and R&B is for the audience to go crazy and have fun.



DANY GARCIA

Q How do you control fear at competitions?

The fear comes beforehand: Can I pull it all off in my life so I can be present and be at my best? Once I'm onstage, the performance aspect is something I'm comfortable with.

Do you support a charity?

I run one. The Beacon Experience is a Miami-based cohort of the I Have a Dream Foundation.

What drew you to compete?

My boyfriend was getting ready for a show, and the women's physique division came into being. It all just came together.

STEVE KUCLO

Q What does lunch look like for you?

Ten ounces of salmon, 2 cups white rice, some avocado. If I need a boost, then I go to Whataburger in Dallas.

What is on your playlist? The bands I listen to are Black Label Society, Thousand Foot Krutch, and Hellyeah. At the gym I listen to gym music, which at my gym is rock.

Does natural talent beat hard work?

That's a loaded question! Talent is only talent if it's harnessed and developed. I'm a hard-work kind of guy. If you combine natural talent and hard work, it's an unbeatable combination.



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MILE MARKERS

PIERRE VUALA'S SECRET TO STAYING LEAN AND MUSCULAR YEAR-ROUND

Pierre Vuala's formative years training for high school football, wrestling, and track provided him with the necessary tools to sculpt a vascular and shredded physique. Nowadays, the IFBB physique pro does cardio six times a week, including his favorite hobby, sprinting.

"Sprinting builds my legs, gets me conditioned, and burns fat," he explains. Another key element of Vuala's training is plyometrics.

"I incorporate plyometrics with both upper and lower body, such as plyometric pushups and band work in each direction," he says. "I've noticed an increase in strength, endurance, and muscle density."

As for carbs, Vuala has found a balance that allows for their consumption without hindering his ability to remain superlean.

"I used to think I couldn't eat carbs and lean out at the same time, but I can," he says.

Vuala's motivation to stay fit stems from childhood: He was an overweight kid and never wants to have that problem again. Vuala stays on track by setting short-term goals.

"I have three-month physique goals, then after I hit that mile marker, I create another mile marker," he says.

VUALA'S PEC-PUMPING WORKOUT

EXERCISE	SETS	REPS
Incline Smith Machine Press	3	12-15
Incline Close-grip Smith Machine Press	3	12-15
Incline Dumbbell Flye	4	12-15
Incline Squeeze Press*	5	8-10
Weighted Dips**	4	Failure
Decline Pushup***	3	Failure

*Keep the dumbbells in contact with each other; squeeze them together throughout the rep.

**Lean slightly forward, tuck your chin into your chest, and look down.

***Squeeze at the top for two seconds.



VUALA'S STATS

AGE 25

HEIGHT 5'11"

WEIGHT 200 LBS

RESIDENCE MIAMI, FL

SPONSOR OPTIMUM NUTRITION, B-FORCE BANDS

WEBSITE VUALAFIT.COM

BAND AID

B-Force Bands add a unique dimension to Vuala's workouts. Here's his favorite circuit routine.

1 Band Hanging-leg Raise

Harness the bands to a heavy, grounded dumbbell. Strap the bands to your ankles, hang from a pullup bar, and raise your feet to the bar or to waist level. To modify, bring your knees to your chest.

2 Band Pushup into Rear-delt Flye

Strap lateral bands onto each wrist and get into a pushup position. Execute a pushup rep and, at the top position, raise one arm as if you were performing a rear-delt lateral raise.

3 Band Woodchopper

Harness the bands to a sturdy attachment. Keep your arms fully extended and locked as you twist your torso away from the anchor point.



2 NEW JACK3D FLAVORS!

THE ULTIMATE PRE-WORKOUT

ENHANCED WITH BioCRE™ (Creatine Anhydrous)



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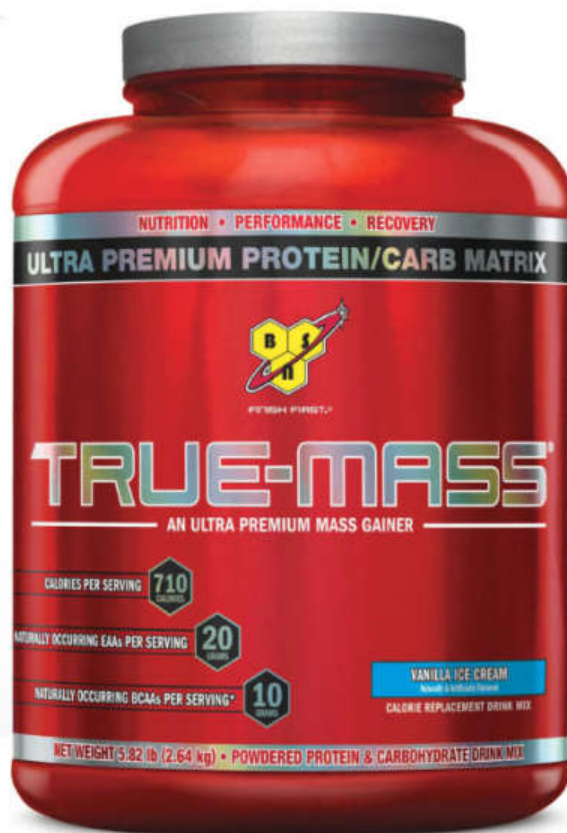
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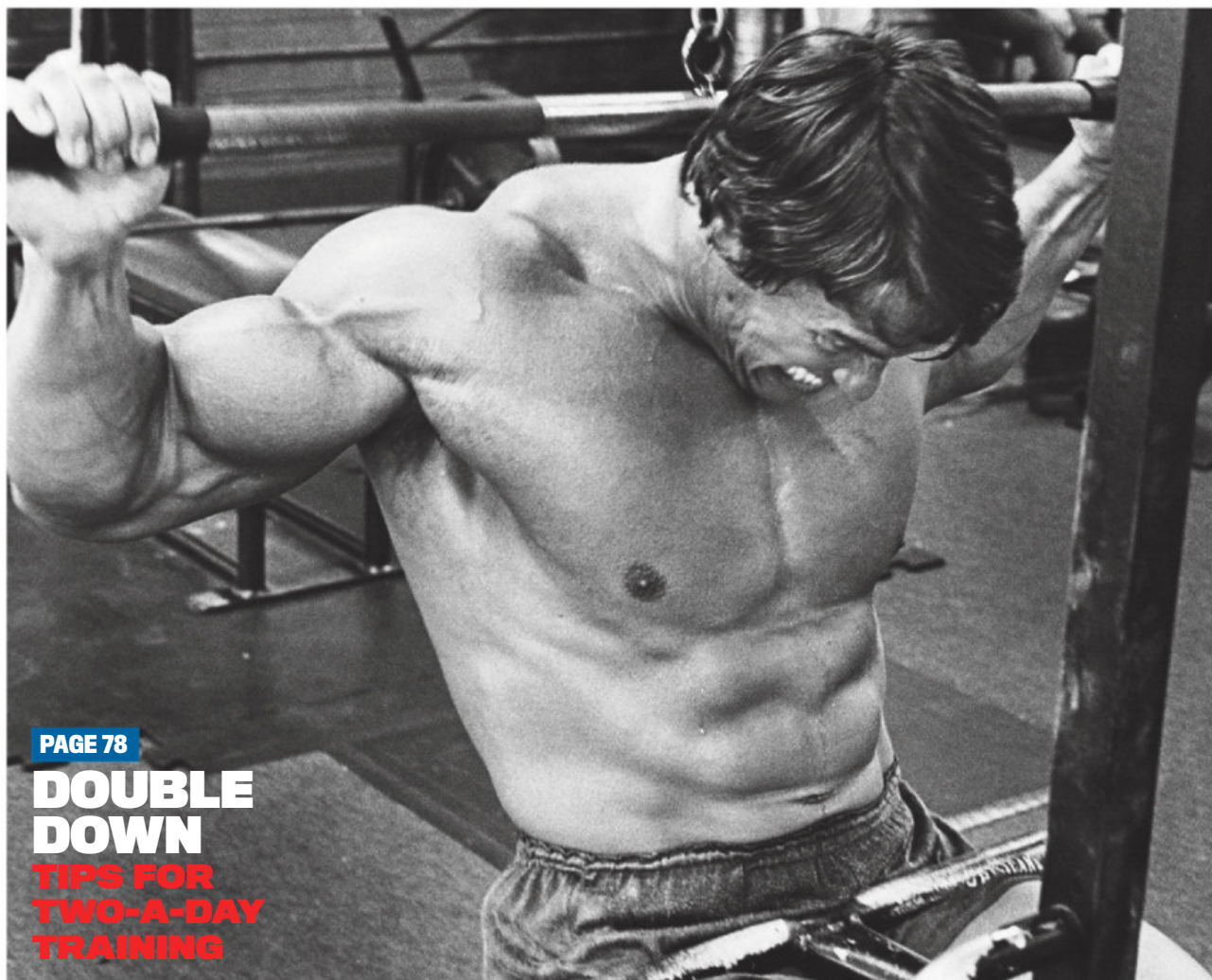
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TRAINING TIPS TO POWER UP YOUR WORKOUTS

FLEX



PAGE 78

DOUBLE DOWN TIPS FOR TWO-A-DAY TRAINING

Shortchanging your traps? Then you're also missing out on total back development.

PAGE 84

Why recovery times should hinge on the types of lifts in your exercise routine.

PAGE 88

Lack of exercise variety might be hindering your ability to achieve max strength gains.

PAGE 90

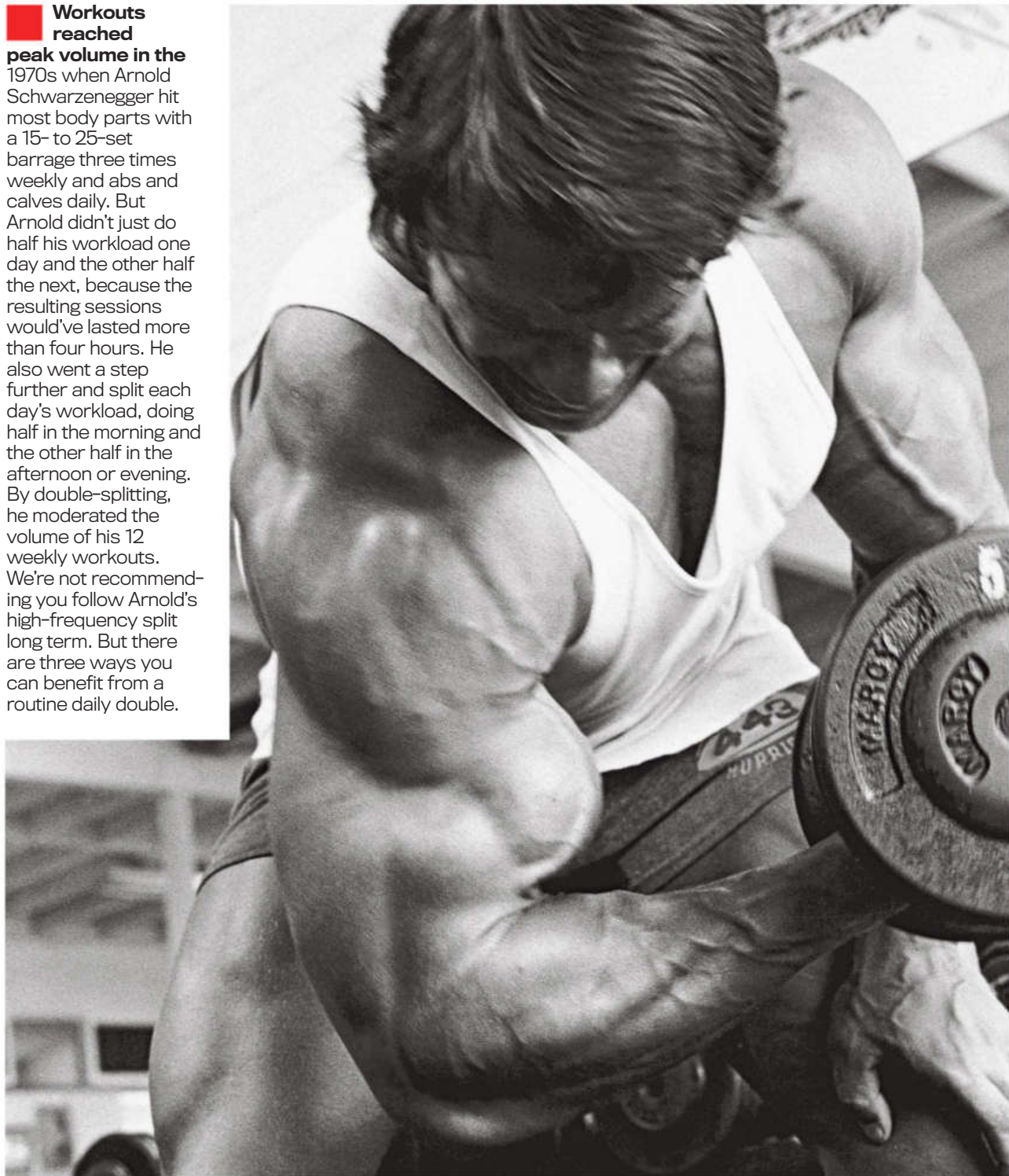
Brian Shaw's guide to eating on the go, avoiding injury, and strongman cardio.

PAGE 92

DOUBLE-SPLIT ROUTINES

THREE WAYS ANYONE CAN BENEFIT FROM A WORKOUT DAILY DOUBLE

Workouts reached peak volume in the 1970s when Arnold Schwarzenegger hit most body parts with a 15- to 25-set barrage three times weekly and abs and calves daily. But Arnold didn't just do half his workload one day and the other half the next, because the resulting sessions would've lasted more than four hours. He also went a step further and split each day's workload, doing half in the morning and the other half in the afternoon or evening. By double-splitting, he moderated the volume of his 12 weekly workouts. We're not recommending you follow Arnold's high-frequency split long term. But there are three ways you can benefit from a routine daily double.



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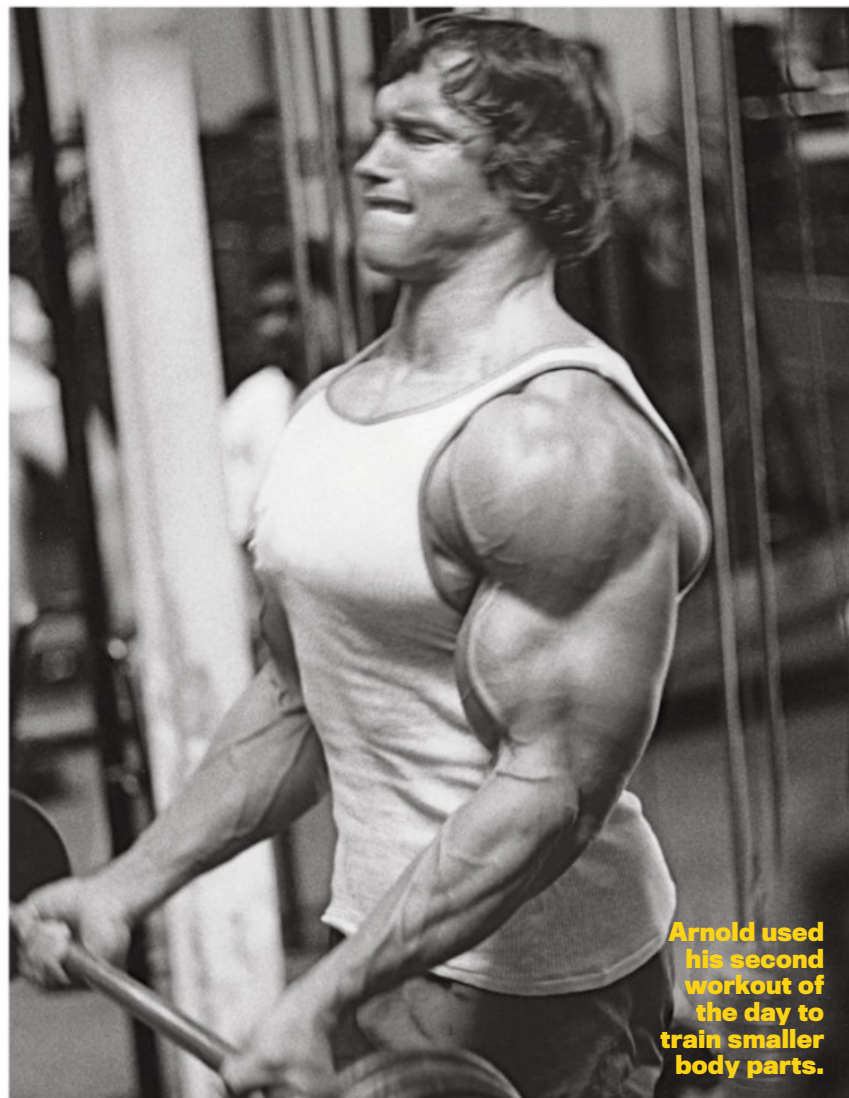
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Arnold used his second workout of the day to train smaller body parts.

DOUBLE-SPLIT BASICS

■ Doing two lifting workouts is effective pre-contest or for up to six weeks in the off-season.

■ To compartmentalize fat burning and muscle-making, do your cardio shortly after waking and your

weight training in the afternoon or evening.

■ Another way to double-split is to do a heavier, daily workout in a commercial gym and a second, lighter workout with the equipment you have at home.

DOUBLE-SPLIT TIP SHEET

■ You may want to double-split only once or twice in your split. For example, on leg day, do quadriceps in the a.m. and hamstrings and calves in the p.m., but on all other workout days hit the gym only once.

■ For maximum effectiveness, space at least six hours and two meals between your first and second

workouts. If possible, nap during this between-workout period.

■ Double-splitting can be an effective long-range system for those with very busy schedules. If you can get to the gym only twice per week, you could still divide your body into four weekly workouts: two on one day and two on the other.

SHORT-TERM

Double-splitting is not some relic of the '70s, like Fonzie and mood rings. It's still done by many top bodybuilders today. But unlike Arnold, Phil Heath and company don't usually hit body parts three times per week (once weekly is the norm), and they don't double-split in the off-season. Typically they only two-time pre-contest. The resulting shorter workouts allow them to apply maximum intensity and focus to each session from start to finish, even when their lower-carb intake reduces their energy.

Even if you don't plan to flex on a stage, you can benefit from short-term double-splitting. Our sample routine divides the body into four "on" days (eight workouts), which can be done over five to eight days, depending on your schedule and recuperation needs. This routine focuses on a larger part (such as back) in the first workout and smaller parts (such as biceps and calves) in the second workout. A short-term double-split works best when done for no longer than six weeks followed by at least as long a period training once daily.

A.M. CARDIO

The most popular way of double-splitting nowadays is to do your cardio separate from your lifting. This is typically fasted cardio, meaning it's performed first thing in the morning on an empty stomach, long after the previous day's last meal, which facilitates the burning of body fat instead of carbs for energy. (We recommend ingesting a protein or a BCAA shake upon waking to stave off catabolism.) You can then do your weight-training workout later in the day with sufficient carbs for fuel. This division allows you to physically and mentally compartmentalize your fat burning and your muscle-making. Some competitive bodybuilders will triple-split pre-contest, doing cardio in the morning, lifting in the afternoon, and still more cardio and/or lifting in the evening.

"I DID A LOT OF VOLUME, AND I WORKED MUSCLES **THREE TIMES A WEEK, SO RATHER THAN DO ONE MARATHON WORKOUT DAILY I DID TWO SHORTER WORKOUTS SO I COULD BE FRESH IN BOTH."**—ARNOLD SCHWARZENEGGER

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- Better focus, energy, pumps & performance
- Fully disclosed formula
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- Purity and quality tested by a certified U.S., independent, third-party lab



Based on research conducted at The University of Tampa and published in *Nutrition & Metabolism*.



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LIFT TRAINING STYLES

Training twice a day like Arnold can be done with proper planning and nutrition for optimal recovery.

MAJOR/MINOR

One big downside of a daily-double routine is incorporating two trips to and from the gym into your schedule. Even if you have time and even if it's an easy commute, seeing the same old gym twice on the same day can grow tedious. The solution is to do one regular workout in a commercial gym and one lighter workout in a home gym. Some of you may already have well-equipped

home gyms, but most of you probably don't. That doesn't matter. In our sample routine, you won't be doing squats or pulldowns at home.

All major muscle groups, except abs, are trained in a commercial gym. The home workout focuses on areas you can stress without weights, such as abs or calves (with one-leg, body-weight calf raises), or with minimal equipment: forearms can be hit with a barbell or dumbbell, neck can be

stressed with a barbell plate against your head. (In our sample routine, calves are also trained once in the gym with weighted resistance.) You'll notice the routine includes space for a "weakness." This is a body part you want to give extra focus to with high-rep, low-set work. For example, for arms, do two supersets of curls (50 reps) and overhead triceps extensions (50 reps) with a light barbell or a resistance band.

SHORT-TERM DOUBLE SPLIT

A.M.	A.M.	A.M.	A.M.
Quads	Back	Chest	Deltoids
P.M.	P.M.	P.M.	P.M.
Hamstrings	Biceps	Triceps	Abs
Abs	Calves	Abs	Calves

MAJOR/MINOR DOUBLE-SPLIT

A.M.	A.M.	A.M.	A.M.	A.M.
Quads	Upper Back	Chest	Deltoids	Biceps
Hamstrings	Lower Back	Calves	Traps	Triceps
P.M.	P.M.	P.M.	P.M.	P.M.
Abs	Abs	Abs	Abs	Abs
Calves	Forearms	Weakness	Neck	Calves



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IT'S A TRAP

TOTAL SHOULDER AND BACK DEVELOPMENT MUST INCLUDE THE TRAPS

Well-developed traps are visible from the front and rear, as part of the shoulders and back. The primary function of the traps is to elevate the shoulder girdle and rotate and stabilize the scapula.

Deadlifts and shrugs place the greatest loads on the upper traps, while seated rows and bent-over lateral raises target the middle and lower traps. In order to fully activate the traps on seated rows and bentover lateral raises, spread the shoulder blades at the bottom of the movement and then retract and squeeze them together at the top.

When doing shrugs, it is not necessary or helpful to roll the shoulders forward or backward. The only line of resistance is the line of gravity, which is straight up and down. It's also important to keep the head and neck in proper alignment with the spine.

TREMENDOUS TRAPS WORKOUT

EXERCISE	SETS	REPS
Bentover Lateral Raise	4	12-15
Seated Row*	3	10-12
Dumbbell Shrug	4	12-15

*Use a medium-width grip.



BEST TRAPS EVER

These three legends could give a gorilla a run for its money



Dorian Yates

The six-time Mr. O used heavy weight and low volume.



Ronnie Coleman

This eight-time Mr. O's traps defied belief.



Johnnie Jackson

It looks like Jackson had traps to spare.

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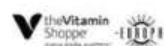


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280LB MASS MONSTER



You NEED
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RECOVERY!



TIMING IS EVERYTHING

RECOVERY IS DIFFERENT FOR COMPOUND VS. ISOLATION EXERCISES

HYPOTHESIS

Establishing the right training frequency can make a big difference in strength and mass gains. The proper frequency depends on the time required for recovery between training sessions.

RESEARCH

Sixteen well-trained subjects performed, in a counterbalanced order, eight sets of 10-rep max (10RM) one-arm seated rows, and eight sets of 10RM one-arm preacher curls using the contralateral arm. Strength and delayed onset muscle soreness were recorded at baseline, at 10 minutes, and at 24, 48, 72, and 96 hours after each training session.

FINDINGS

Strength loss was greater following isolation vs. compound exercise. Also, at 24 hours after training, strength was still below baseline after isolation exercise whereas strength had recovered after compound exercise. Delayed onset muscle soreness was also greater and took longer to resolve following isolation exercise vs. compound exercise.

CONCLUSION

More time for recovery is required after isolation exercise compared with compound exercise in well-trained athletes.

APPLICATION

Plan an **additional day** of recovery between training a given muscle group when using isolation exercises.

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LIFT | ON TRIAL

BY BRYAN HAYCOCK, M.SC.



OPENING ARGUMENTS

Defense

To get stronger, focus on one exercise and add resistance on that exercise. As you advance, apply "periodization" to your loading scheme.

Prosecution

Periodization has been well studied, but less attention has been given to exercise variety. Evidence shows that varying exercises may produce superior results.

EVIDENCE

One group performed one exercise (for example, squat) for 12 weeks using its 8 RM while increasing the number of sets from 4 to 6 to 9 for Weeks 1-4, 5-8, and 9-12, respectively. The second group used the same load and set protocols but did squats, deadlifts, and lunges. The group who did three different exercises gained significantly more strength even though total number of sets, reps, and weight loads were the same.

VERDICT

Three sets each of three different exercises will yield better strength gains than 9 sets of one exercise.

SENTENCING

Exercise variety plays an important role in maximum strength development, particularly for larger muscle groups.

ONE OR MORE?

SHOULD YOU FOCUS ON ONE EXERCISE OR A VARIETY TO ACCELERATE STRENGTH GAINS?

JAY CUTLER
4X IFBB MR. OLYMPIA



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BY BRIAN SHAW, THREE-TIME WORLD'S STRONGEST MAN

SHAW SPEAKS!

HOW THE THREE-TIME WORLD'S STRONGEST MAN EATS ON THE ROAD, AVOIDS INJURY, AND STAYS CONDITIONED

Q How do you stay healthy and injury-free?

The biggest key is to learn how to listen to your body. I modify my training plan to accommodate how my body is feeling from day to day. Now, at first that might seem like a very simple and easy thing to do, but when you're training for a big contest sometimes the last thing you want to do is listen to your body when you're tired, sore, or just need a couple of days of lighter training. One key takeaway here is the importance of keeping detailed notes on your training—sets and reps, rest periods, how you feel, etc.

I also get rehab treatment one to two times per week, which includes stretching and soft-tissue work. I keep my diet on point as well to make sure I have plenty of good food and the right supplements to hit it hard in the gym and recover properly. I also do plenty of contrast baths and get enough sleep.

Do you prepare meals to take with you?

If a competition is only one or two days, I will pack almost all the food I'll need with me. In the case of a longer contest, it's impossible to carry enough. For the longer trips I bring some packed meals as an additional food source. So I would plan to have two to three meals packed with me per day; if I'm gone for 14 days I would have between 28 and 42 meals packed.

SEE MORE

Brian Shaw is part of Team MHP. For more information, log onto mhpstrong.com or check out Brian on Facebook.

Q DO YOU DO CARDIO? IF SO, WHICH TYPE DO YOU PREFER?

I will do some cardio that is low intensity for a longer duration (20 to 30 minutes) on occasion for overall general health and to get blood moving, especially in the off-season. But normally I stick to sport-specific conditioning. Typical strongman events last only 60 to 90 seconds, so I prefer to use high-intensity interval training to maximize my conditioning level. I pick several different exercises and then perform a circuit, varying the interval time between 20 and 60 seconds of work followed by 30 to 90 seconds of rest.



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2 RUN SPRINTS

If you've plateaued in your journey to being a ripped Adonis, implement high intensity cardio such as wind sprints for a legit shock to the metabolism.

3 EAT ENOUGH

Don't kid yourself, dieting is hard. The last thing you can afford is being unprepared and missing meals. Never, ever skip a meal when dieting, PERIOD.

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NUTRITION TIPS TO FUEL TRAINING AND GROWTH

FOOD & SUPPS

Interested in a pan-seared salmon dish that's as healthy as it is delicious?

PAGE 98

Why zinc should be a dietary focal point for every serious bodybuilder.

PAGE 100

Get briefed on the numerous benefits of nutrient-dense seaweed.

PAGE 105

Supps that'll help you remain in an anabolic state and provide you with head-to-toe recovery.

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MEATHEADS WELCOME

**WHAT'S BETTER:
WHITE OR
DARK MEAT?**



PAN-SEARED SALMON

WITH FINGERLING POTATOES

SERVES 1

INGREDIENTS

- 1 tbsp macadamia nut oil
- 8 oz salmon fillet (skinned)
- ½ cup fingerling potatoes, diced
- ¼ cup red peppers, diced
- ¼ cup green peppers, diced
- ¼ cup Spanish onion, diced
- ¼ cup asparagus, diced
- 1 tsp thyme
- ½ tsp minced garlic

DIRECTIONS

Preheat oven to 375°F. Add macadamia nut oil to a sauté pan. With low flame, heat for 30 seconds and add salmon. Cook for 30 seconds and turn to the opposite side. Add remaining ingredients, except for the garlic. Remove salmon and place in the oven for 20 minutes. Cook vegetables until tender, stir often for about 10-12 minutes. When cooked, add minced garlic. Stir again, place in a serving dish, and top with the salmon fillet.

THE MACROS

In a 3 oz serving

CALORIES

374

PROTEIN

13g

FAT

11g

CARBS

9g

ABOUT THE CHEF A three-time bodybuilding champ, Carlo Filippone is the CEO of Elite Lifestyle Cuisine.





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Bodybuilders and other athletes have a greater need for minerals than people who don't train. Two reasons for that: 1) Minerals are crucial for supporting recovery and improving health for those who tax their systems with intense training; and 2) minerals are readily lost through sweat, so bodybuilders need to emphasize replacing them to avoid deficits.

Zinc is crucial for helping to heal wounds and boost immunity, and it also supports a healthy blood supply. In other words, it's a mineral bodybuilders should emphasize through diet and supplementation. Zinc also supports sleep quality and recovery after hard workouts, and it improves your body's ability to use calories you've consumed for fuel rather than shuttling them to storage as fat.

Bodybuilders should get in at least 30 milligrams of zinc daily. You can take zinc as a stand-alone or as a part of ZMA or your multivitamin. When you supplement ZMA, remember to take it on an empty stomach, preferably before you hit the sack. When you want to increase your zinc intake through food, the chart below features some of the best sources.

**AIM TO GET
IN AT LEAST 30
MILLIGRAMS OF
ZINC PER DAY
FROM FOOD
AND SUPPS.**

OYSTERS 6 medium raw	BEEF (RIB EYE) 8 oz	LAMB SHANK 8 oz	CRAB LEG 8 oz
CALORIES	CALORIES	CALORIES	CALORIES
43	420	551	220
ZINC CONTENT (MG)	ZINC CONTENT (MG)	ZINC CONTENT (MG)	ZINC CONTENT (MG)
33	25	17.5	17.2

DOUBLE DUTY

Citrus helps you get lean and boosts circulation

■ **Consuming citrus fruit** supplies you with many nutrients, but you may not know all the benefits that come with these rich sources of vitamins and minerals. Two recent studies indicate that consuming citrus promotes health and improves bodybuilding gains.

A study in *The American Journal of Clinical Nutrition* concluded that con-

suming grapefruit flavanones improves arterial health. Yeah, that's great for old ladies, but it's also important for bodybuilders. When these vessels are more elastic it means that blood and nutrients can reach your working muscles more quickly. This is comparable to studies showing benefits for amino acids—arginine and citrulline—demonstrated by research to improve blood flow.

Another study in the *International Journal of Food Sciences and Nutrition* showed that consuming extracts from a blend of citrus fruit helped men reduce

abdominal body fat while preventing muscle catabolism. Translating these results to bodybuilders indicates that polyphenols from citrus may support fat loss while helping to prevent muscle breakdown. While bodybuilders should supplement with grapefruit flavanones and other fruit extracts, one of the best ways to take advantage of these benefits is to consume a piece of citrus with your meals. Good choices include grapefruit, oranges, and tangerines. Also use lemons and limes for flavor, including pulp, juice, and even rinds.

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WHITE VS. DARK MEAT

WHICH TYPE OF
CHICKEN IS BEST
FOR BODYBUILDERS?

■ **Chicken breast is the primary whole-food protein** source for many bodybuilders. This makes sense because it's low in calories and high in protein. However, should a dieting bodybuilder gravitate toward dark meat or white meat? And does either help or hinder the ability of younger guys seeking to add quality mass?

WINNER QUALITY CUTS

■ **Are you trying to** cut calories or carbs? Neither white nor dark meat contains any carbs. When you're dieting you need saturated fats to improve satiety and support hormone production. We've been beating the drum, encouraging bodybuilders to emphasize saturated fats for boosting hormones such as testosterone while also suggesting that they supplement omega-3s because they're vastly underrepresented in American and even bodybuilding diets. Therefore, bodybuilders should focus on quality cuts of organic chicken rather than worrying about white or dark meat. Hard-gainers and those seeking to add mass can also consume the skin, which is almost all fat, if they're partial to it.



CHICKEN LEG AND THIGH (SKINLESS) 12 oz

CALORIES

430

PROTEIN (g)

57

FATS (g)

21

CHICKEN BREAST (SKINLESS) 12 oz

CALORIES

347

PROTEIN (g)

65

FATS (g)

5

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Nori is the sheet-style seaweed that holds your California rolls together; it's also found in dried form and makes a great late-night snack that's high in omega-3s and low in carbohydrates and calories. Although you most likely perceive it as dark green, nori is actually a red seaweed.

Wakame is the brown type of spindly seaweed that looks dull olive or bright green, depending on harvest and preparation. This type of seaweed is high in iodine, a nutrient that's otherwise low in the American diet. A 4-ounce serving of wakame provides about 50 calories with 4 grams of protein and 10 grams of carbs.



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Hany Rambod was instrumental in helping Jay Cutler win his 2009-10 Mr. Olympia titles.

SUPP LIKE A PRO

LEAVE NOTHING TO CHANCE WITH THIS SUPPLEMENT PLAN

MORNING

My clients take a fat burner supplement with 16 ounces of water 15–20 minutes before cardio. The fat burner consists of caffeine to help with energy, one or two pepper extracts to increase core temperature, and an appetite suppressant. If you're sensitive to stimulants, L-carnitine is a nonstimulant fat burner. Add 2 grams to increase effectiveness.

PRE-WORKOUT

Take 15–20 minutes before starting the workout so the nitric oxide effect can kick in, maximizing pump, focus, and muscle fullness. To minimize stomach bulk, don't drink too much water.

INTRA-WORKOUT

Have at least 6 grams of branched-chain amino acids (BCAAs) along with 5 grams of glutamine. I recommend a 2-1-1 ratio: 3 grams leucine, 1.5 grams isoleucine, and 1.5 grams valine.

POST-WORKOUT

Drink a whey protein isolate shake immediately following your workout, finishing it before you leave the gym. Your post-workout meal of protein, fat, and carbs should be 60–90 minutes after the shake.

BEFORE BED

Mix 25 grams whey protein isolate, 25 grams casein protein, and some kind of fat (almond butter, all-natural peanut butter, or flax oil). The fat slows the absorption of the protein.

DON'T DO IT

Avoid making these three sports nutrition mistakes or you might waste a workout

TOO MANY STIMS

Heavy amounts of pre-workout stimulants can act as vasoconstrictors, which decrease blood flow to the muscle. The right pre-workout balances between getting a pump and giving you the energy and endurance to get through your workout.

EAT WHILE LIFTING

If you eat food intra-workout,

it'll cause a lot of gastric distress. When you're pushing yourself hard, you're going to wind up bringing it all up.

BULK THEN SLEEP

Too many calories before bed can lead to fat gain, and it messes up a lot of people's sleeping patterns. Shakes comes in so many tasty flavors and help you get protein without the extra sugar.

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Olympia Physique Champion

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WHILE NOT
LOSING
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BY RAZVAN RADU



ANABOLIC AMINOS

KEEP YOUR BODY ANABOLIC TO PACK ON MASS AND HIT THE GYM EVEN HARDER THE NEXT DAY

■ **There are two** muscle-related states that our bodies can be in: catabolic and anabolic. Anabolic means the body is in a muscle-building state, and catabolic means the opposite, when the body tends to break down muscle tissue. The best thing we can do to speed up recovery is to keep our anabolic switches turned on throughout the day so we can stay away from muscle breakdown.

One way to do this is through BCAA supplementation. A constant

stream of leucine-rich amino acids allows you to provide your muscles with their essential building blocks, resulting in increased muscle protein synthesis, reduced breakdown of muscle tissue, and a greater workout intensity.

Combining BCAAs with antioxidants, anti-inflammatory agents, and other amino acids speeds up recovery to an even greater extent. Listed here are several supps to further benefit your recovery process.



ALL IN ONE

■ **Isopure Aminos** contains everything you need to be on the right path for recovery. The 10-calorie amino acid supplement combines 5g of BCAAs with 700mg of tart cherry extract, 100mg of L-theanine, and vitamin C to provide you with recovery from head to toe.

HEAD-TO-TOE RECOVERY

TART CHERRY EXTRACT

Tart cherry is a relatively new supplement to the industry that really packs a punch. It has been shown to act as an anti-inflammatory agent, reducing stress posed on muscles during workouts. Along with reducing muscle soreness, tart cherry also provides support for healthy joints and a proper sleeping pattern.

L-THEANINE

The tea-derived amino acid helps relax your mind from the pileup

of daily stress by taking some ease off the cardiovascular system. This is key in achieving a fully recovered nervous system to get your body full-firing before your next workout.

VITAMIN C

Vitamin C plays an important role in growth and development. The vitamin is used to rebuild bodily tissue and get rid of free radicals. Maintaining a constant supply of vitamin C will allow you to keep unnecessary waste out while recovering quickly.

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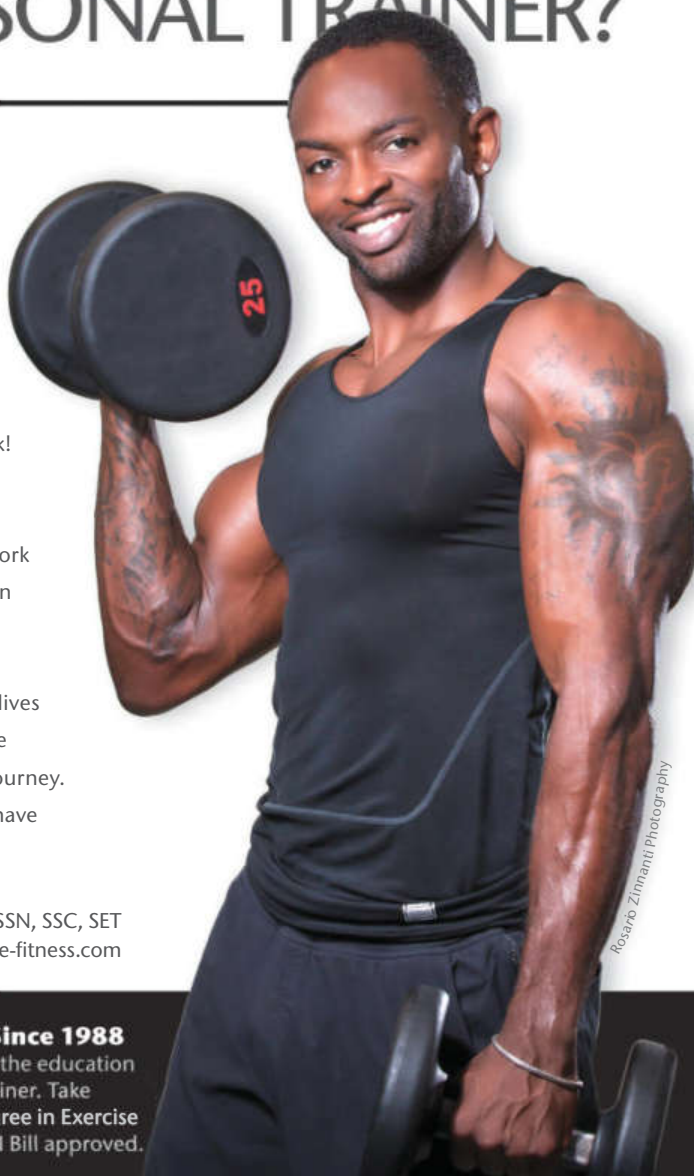
He's a perfect example of why we do what we do.

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S. Asun Peterson, ISSA CFT, SSN, SSC, SET
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PEC

PUNISHER

ROELLY WINKLAAR

ISN'T SATISFIED WITH HIS CHEST DEVELOPMENT. THIS WORKOUT SHOULD REMEDY THAT SOON ENOUGH.

Every bodybuilder has at least one weak area.

Roelly Winklaar says his chest is one of his. Perhaps he's being modest. Photos of his side chest and most muscular poses suggest his pecs are doing just fine—heavily striated, thick from top to bottom, not overpowered by the 246-pounder's enormous arms. But hey, if a guy says he needs to work on something, then maybe he does.

"I'M ALWAYS TRYING TO GET MY PECS BIGGER."

he says. "I'd like them to be up to par with my best body parts, like arms and quads. A lot of bodybuilders don't like training their weak areas. Not me. Working on my weaknesses means I'm improving. If you neglect your weaknesses, you're getting worse because symmetry is so important in our sport, especially when you're standing with the best on the Olympia stage."

As you'll see from Winklaar's training split, he trains his chest twice a week on its own in a morning workout when he's fresh. (He trains his shoulders later that day.) The late Joe Weider would have called this the "Priority Principle." When you want to bring up a weak area, give it your full attention and make sure it's not negatively affected by previous work on a tie-in muscle. "You have to be smart with how you schedule your training," says Winklaar. "You have to think about how working certain muscle groups will affect others."

The day before hitting his chest (Monday), Winklaar trains his legs. The day before that, he rests. The pecs are at full capacity come Tuesday, and they certainly need to be for the 20-set onslaught he puts his chest through. If this grueling gauntlet of presses, flyes, and pullovers doesn't bring up Winklaar's so-called weakness, nothing will.



WINKLAAR'S CHEST WORKOUT

EXERCISE	SETS	REPS	
Incline Barbell Press	4*	12	Winklaar performs 1-2 light warmup sets of machine presses before his working sets of incline barbell presses.
Machine Press	4*	12	
Machine Flye	4**	12	
Cable Crossover	4**	12	*Increase the weight each set.
Dumbbell Pullover	4**	12	**Stay with the same weight on all sets.

Training note: "I don't hold myself to certain rest periods between sets," says Winklaar, "but I don't rest very long. I would say I probably take 30 to 45 seconds between sets."



INCLINE BARBELL PRESS

Start Lie back on an incline bench and grasp the bar with an overhand grip outside of shoulder width. Unrack the bar and start with it directly over your upper chest, arms extended.

Execution Slowly lower the bar to your upper chest. Touch the bar to your chest lightly, then press it back up to the start position without locking out your elbows.

Winklaar Says "I go as heavy as possible on big exercises like incline presses. This is the best exercise for adding size."

• • • •

MACHINE PRESS

Start Adjust the seat of a machine press so the handles are in line with your lower chest in the down position. Keep your feet flat on the floor and your back and head against the pad.

Execution Press the weight until your elbows are extended but not locked out. Slowly lower the bar to the down position

without letting the weight rest on the stack between each rep.

Winklaar Says "This is another exercise I go heavy on. Because you're using a machine, it's a little bit safer than a barbell.

You can really load up on weight without having to worry so much about injury."





ROELLY WINKLAAR

Height 5'7" **Weight** 246 lbs

Birthdate June 22, 1977

Residence Willemstad, Curaçao

Nickname "The Beast" or "Samurai"

Career Highlights 2014, Nordic Pro, 1st; 2013-14, Wings of Strength Chicago Pro, 1st; 2012, Nordic Pro, 1st; 2010 New York Pro, 1st

• • • •

Start Adjust the seat of a chest flye machine so that the handles are at chest level. Sit on the seat with your back flat against the pad, grasp the handles, and begin with your arms straight out to the sides and your elbows slightly bent.

Execution Contract your pecs to bring your hands together. When your hands touch, squeeze your pecs hard for a count, then slowly

return to the start position without letting the weight rest on the stack.

Winklaar Says "The pecs are isolated from the triceps with machine flyes. It's important on these single-joint exercises to concentrate on the target muscle to stimulate as many fibers as possible."

MACHINE FLYE



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CABLE CROSSOVER

Start

Set the pulleys on both sides of a cable station to above shoulder height and attach handles to them. Grab the handles, position yourself directly in the middle of the station and step forward a foot or two so that the weights aren't resting on the stack. Begin with your arms extended out to your sides and your elbows slightly bent.

Execution

Keeping only a slight bend in your elbows, contract your pecs to bring the handles together in a wide arc in front of your lower chest. Bring your hands together (or cross your hands over one another so your wrists touch to get a stronger contraction), then squeeze your pecs together hard for a count. Slowly return the handles to the start position.

Winklaar Says

"Focus on the inner pecs at the top of the rep to create separation between the pecs. Squeeze hard at the end."



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DUMBBELL PULLOVER

Start With your body perpendicular to a flat bench and holding a dumbbell with both hands, place the backs of your shoulders on the bench with your knees bent and feet flat on the floor in front of you. Drop your hips below the

level of the bench, the dumbbell straight out over your chest with your arms straight.

Execution With your elbows slightly bent, lower the dumbbell back and behind your head until you

feel a stretch in your pecs. Contract your pecs to return the dumbbell to the start position.

Winklaar Says "Pullover aren't popular, but they are a good change of pace from presses and flies."



TRAINING SPLIT

MONDAY

A.M. Quads, glutes

P.M. Hamstrings

TUESDAY

A.M. Chest

P.M. Shoulders, traps

WEDNESDAY

A.M. Back

P.M. Biceps, triceps

THURSDAY

A.M. Quads, glutes

P.M. Hamstrings

FRIDAY

A.M. Chest

P.M. Shoulders, traps

SATURDAY

Back, biceps, triceps (all done in the same workout)

SUNDAY

Rest

NOTE

Winklaar trains abs and calves twice a week, but not always on the same days. **FLEX**

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Pro-Testosterone Technology Alters Your Biochemistry For Explosive Gains In Muscle Mass!

The enormous proportions of shredded muscularity seen in the photos of today's top professional bodybuilders leave most of us staring in shock and envy. How do they achieve such mind-blowing massive physiques? How do they get their deep cuts, striations and vascularity?

If you think the answer is "testosterone," you're only partly right! Today's top pros know that in order to optimize the anabolic effects of testosterone, they must address many other extremely important hormonal functions...

Major pharmaceutical companies and universities have spent countless dollars in the fields of testosterone replacement and hormonal manipulation. Under the guidance of "in-the-know physicians" and widely acclaimed "gurus," pro bodybuilders have capitalized on this research to take their physiques to amazing proportions. However, those of you who don't have access to this underground network have been left in the dark on how to harness your anabolic potential. But now you have access to a powerful tool for hormonal manipulation thanks to MHP's new **Clinical Strength T-BOMB 3xtreme!**



"We were very impressed with the results of T-BOMB 3xtreme for supporting optimal hormonal balance during training. The athletes taking T-BOMB 3xtreme had more muscle mass and showed a significant 32% improvement in free bio-active testosterone over the control group, with no change in plasma estrogen levels. T-BOMB 3xtreme is a highly recommend supplement for serious athletes."

**- Jacob Wilson, Ph.D.
University of Tampa,
Human Performance Laboratory**

Bodybuilding's Legendary Testosterone Formula

Truth be told, you've been misled to believe that jacking up testosterone alone is the answer to building freaky muscle mass and improving sexual prowess. Instead, the key to achieving all your bodybuilding goals is through *hormonal manipulation*. This is what set MHP's revolutionary T-BOMB II apart from all other testosterone products and made it the legendary category leader. This powerful formula pioneered a new era of "True Hormonal Manipulation and Testosterone Enhancement" designed to help boost testosterone levels, while simultaneously working to limit testosterone conversion to estrogen, block estrogen receptors, help cripple SHBG to increase free testosterone levels and also lower conversion to DHT. This is why hundreds of thousands of men experienced tremendous results from T-BOMB II.

So, how do you make the best testosterone formula even better? You make it stronger!

New Clinically Tested T-BOMB 3xtreme Is 20% Stronger! The University of Tampa Human Performance Lab Put It to the Test

MHP scientists realized the only way to make a better product than T-BOMB II was to make this revolutionary formula even stronger. So they increased the potency of this already potent formula by 20%. To prove the efficacy of new T-BOMB 3xtreme, MHP turned over their powerful test boosting formula to a third party research team and told them to put the product through the most vigorous testing possible. Six weeks later, they had the answers they were looking for – scientific validation that T-BOMB 3xtreme works like no other pro-testosterone product. The groundbreaking research from the University of Tampa Human Performance Laboratory shows that Clinical Strength T-BOMB 3xtreme not only increases total testosterone, it significantly boosts bioactive FREE testosterone up to 32% in just six weeks without increasing estrogen levels!*

Here's how the research went down: Scientists at the University of Tampa gave T-BOMB 3xtreme to athletes and put them on a rigorous exercise program, training upwards of 10 times per week for six weeks.

Interestingly, the workout conditions were so intense that the control group of athletes who did not take T-BOMB 3xtreme actually experienced a decrease in free testosterone and lost lean body mass. But the athletes who did take T-BOMB 3xtreme daily experienced elevated testosterone, increased free testosterone and a significantly improved testosterone-to-estrogen ratio!

Clinical Strength T-BOMB 3xtreme uses potent doses of powerful herbal extracts, an advanced 5-step hormone optimizing technology and a 2nd Messenger Complex to help increase testosterone levels. At the same time, its advanced 5-step formulation inhibits the conversion of testosterone to estrogen, blocks

estrogen receptors and reduces the production of DHT – which all add up to enhanced anabolic muscle building and improved male performance.

Because of its highly advanced formulation and powerful ability to promote extreme muscular growth, T-BOMB 3xtreme is the test booster of choice for top pro athletes such as Victor Martinez, Brian Shaw, Marco Rivera, Jon Andersen and Joe Mazza. These elite bodybuilders, strongmen and powerlifters turn to T-BOMB 3xtreme to experience the following benefits:

- Increased Muscle Mass and Strength
- Increased Protein Synthesis
- Increased Muscle Glycogen Synthesis
- Increased Sex Drive and Performance

Mimic the Stacks Used by the Pros. T-BOMB 3xtreme's Advanced Optimone-5™ Equals Total Hormonal Manipulation

Clinical Strength T-BOMB 3xtreme's legendary formula and Optimone-5 technology are now 20% stronger than ever! This means T-BOMB 3xtreme provides clinically validated benefits that no other product can provide:

1.) Increases Your Natural Production of Testosterone*

Clinical doses of the most proven testosterone-boosting compounds help force your pituitary into overdrive! Clinical Strength T-BOMB 3xtreme stimulates your pituitary to produce luteinizing hormone and triggers the release of testosterone, helping to promote explosive strength and head-turning gains in rock-hard muscle mass! T-BOMB 3xtreme's incredible testosterone-boosting effects were clinically shown in the University of Tampa research and blow away other test formulas on the market! (See Diagram #1)

2.) Increases "Free Testosterone" by Up To 32% and Cripples SHBG*

Elevated testosterone is only beneficial if it is circulating in the blood as "free testosterone." Sex-hormone-binding globulin (SHBG) is a protein that binds to testosterone, rendering it useless. T-BOMB 3xtreme doesn't just lower SHBG, it helps annihilate it! T-BOMB 3xtreme frees up more testosterone for even greater gains in mass and strength. **The University of Tampa study verified a 32% increase in free testosterone without increased estrogen.*** Increased sex drive is another positive "side effect" you will experience. (See Diagram #1)

3.) Helps Stop Testosterone to Estrogen Conversion

Unfortunately, not all testosterone remains as testosterone once it's produced. The "aromatase" enzyme converts some of your testosterone into the female hormone estrogen, which is responsible for the accumulation of body fat, water retention, "bitch tits" and poor sexual performance. Anti-aromatase inhibitors found in T-BOMB 3xtreme eliminate the conversion of testosterone to estrogen. This tremendous triumph for MHP R&D formulators solves a very serious problem for bodybuilders everywhere. (See Diagram #2, Figure A)

4.) Blocks Estrogen Receptors

Stage 2 of T-BOMB 3xtreme's "estrogen assault" uses estrogen-blocking compounds to clog the receptors, ensuring that estrogen does not attach to the receptor and exert any of its estrogenic effects. With T-BOMB 3xtreme's two-stage assault, testosterone – and only

testosterone – dominates your hormonal composition. (See Diagram #2, Figure B)

5.) Lowers the Conversion of Testosterone to DHT

Testosterone can also convert into a hormone known as DHT, which is responsible for negative side effects such as poor hair and follicle quality and non-cystic acne. Clinical Strength T-BOMB 3xtreme provides your body with the critical nutrients to minimize and block this conversion. Additionally, minimizing DHT, which normally competes with testosterone for the androgen receptor, leaves even more receptors open for testosterone to latch onto.

EXCLUSIVE Second Messenger Technology: The Testosterone Amplifier!

Regardless of how much testosterone you have pumping through your body, you aren't going to benefit if your receptors aren't responding. If your muscle cells aren't ready to accept all of this extra "T," your testosterone-maximizing efforts are being wasted!

Here's how it works: When testosterone arrives and docks at the muscle cell receptor site, complex intracellular compounds called "2nd Messengers" communicate this arrival to the cell nucleus and trigger an anabolic (muscle building) reaction. The more efficient your 2nd Messengers are working, the louder the signal they send. This is referred to as signal transduction, and the amplified signal increases testosterone's anabolic effects to stimulate muscle growth. Simply stated, if your 2nd Messengers are operating optimally, the muscle building effects of testosterone are increased exponentially!

Clinical Strength T-BOMB 3xtreme brings this amazing, new receptor site technology to you with its proprietary 2nd Messenger Complex. Exclusive to T-BOMB 3xtreme, this complex has upped the ante on testosterone's role in bodybuilding... forever! (See Diagram #3)

T-BOMB 3xtreme: It's Like Testosterone on Testosterone!

Clinical Strength T-BOMB 3xtreme's Optimone-5 Complex will make sure your hormonal landscape is primed for growth. Let's go through our checklist:

- Your pituitary is in overdrive, cranking out testosterone.
- You're crippling SHBG, allowing even more "free testosterone" to be available to latch onto the muscle receptors.
- You're shutting down estrogen with a two-stage assault by halting the conversion of testosterone to estrogen and by blocking the estrogen receptor so estrogen cannot be utilized.
- Then comes the Grand Finale – The 2nd Messenger Complex sends an amplified signal that testosterone has arrived and helps unleash its anabolic effects.

MHP is so sure that you will be amazed by the mind-blowing gains in rock-hard muscle and strength, that they are offering a 100% money back guarantee if you're not satisfied with T-BOMB 3xtreme – NO QUESTIONS ASKED!*

DIAGRAM 1

INCREASED FREE TESTOSTERONE*

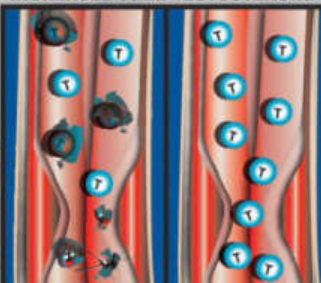


Figure A illustrates what happens to 98% of your testosterone when it reaches the bloodstream. SHBG (sex hormone-binding globulin) attacks your testosterone and kills it.

Figure B illustrates T-BOMB 3xtreme's powerful ability to keep your testosterone "FREE" by preventing SHBG (sex hormone-binding globulin) from attaching to it. T-BOMB 3xtreme helps maximize the amount of "free testosterone" that your body can use to help trigger an anabolic (muscle building) reaction.*

DIAGRAM 2

TWO-STAGE ESTROGEN BLOCKER

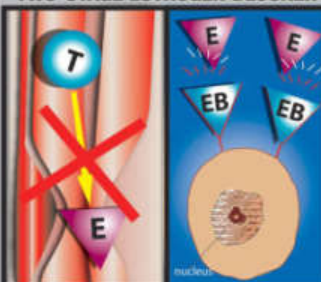


Figure A T-BOMB 3xtreme helps block the conversion of testosterone to the female hormone estrogen by providing your body with the critical nutrients necessary to hinder this conversion.

Figure B T-BOMB 3xtreme contains compounds that fill up and block the estrogen receptors in your body. By doing so, the blocked estrogen cannot be absorbed.

DIAGRAM 3

2ND MESSENGER AMPLIFIER

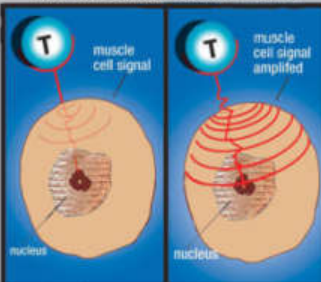


Figure A illustrates what typically happens when testosterone reaches your muscle cell receptors. A weak signal and reaction minimizes testosterone's effects.

Figure B T-BOMB 3xtreme's exclusive 2nd Messenger complex takes testosterone to the next level by magnifying the testosterone signal in your muscle cells. This powerful signal forces an unprecedented anabolic (muscle building) reaction.

T = Testosterone E = Estrogen EB = Estrogen Blocker

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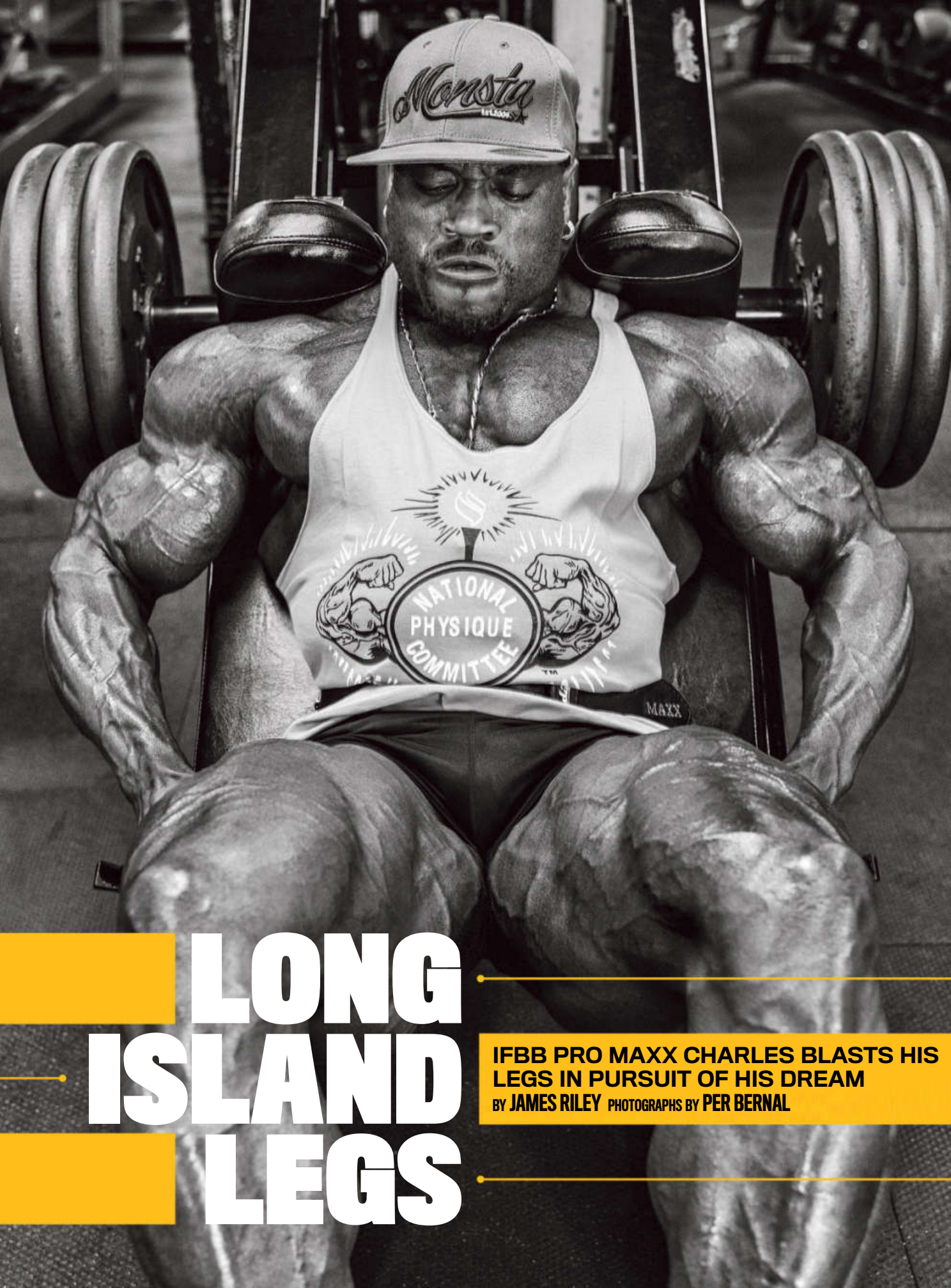
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LONG ISLAND LEGS

**IFBB PRO MAXX CHARLES BLASTS HIS
LEGS IN PURSUIT OF HIS DREAM**

BY JAMES RILEY PHOTOGRAPHS BY PER BERNAL

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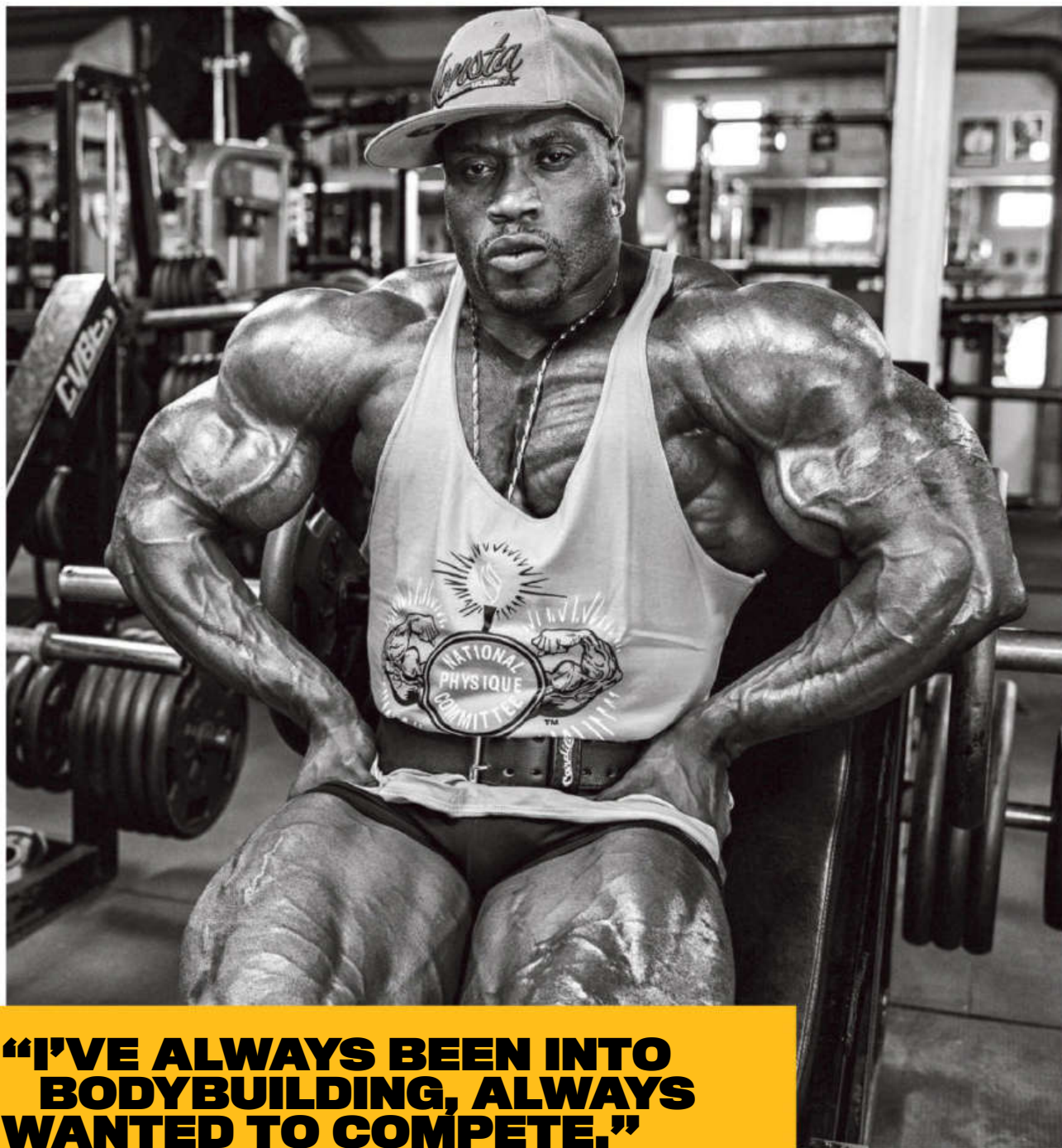


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"I'VE ALWAYS BEEN INTO BODYBUILDING, ALWAYS WANTED TO COMPETE,"

says 2015 IFBB Tampa Pro champ Maxx Charles. He's sharing details about his typical volume-heavy, three-hour leg workout and explaining the motivation behind such self-inflicted torture. Before he gets to discussing his latest training session at Bev Francis Powerhouse Gym in Syosset, NY, he explains what led him down the iron path.

"When I was 6 or 7, I was in awe of Arnold Schwarzenegger, whom I knew only from the movies. He was amazing. Then someone said, 'You know he does this other thing—he's not just an actor.' And when I saw this other thing Arnold did—bodybuilding—and I saw his pictures in the magazines, that was all I wanted to do with my life. I wanted to be a bodybuilder, and I wanted

to be Mr. Olympia.

"How many people must have had similar thoughts? They see these Mr. Olympias, and it becomes their dream, the only thing that would satisfy them," he says, laughing. "You can want to be, you can try to be, but if you don't have the genetic potential—well, what if you don't? What then?"

Hexed genetics was not the

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MAXX CHARLES



PLATE-LOADED SQUAT

5-6 SETS,
6 REPS

"You've got to focus on pushing everything from the ground up. I do these two ways. For Week 1, I usually drop my body forward to put all the pressure on the quads, stop at the bottom, and push back up very slowly. This puts a lot of pressure on my knees, so for Week 2, I push my body backward to take the pressure off my knees."

quandary faced by Charles, born in Port-au-Prince, Haiti, who nurtured and then carried those iron dreams with him when he moved to the U.S. in the early 1990s. The hulking, 5'11" 38-year-old, who spends long days and weekends working as an IT tech in Long Island, NY, was bursting with genetic potential. What kept Charles away from the stage had nothing to do

with self-doubt regarding his ability to add muscle.

"People would tell me to give competition a try, and I'd say, 'I'm not ready. I want to be better.' All I had to go by were the magazines I was reading. In them I'd see guys who were the best, the very best, the No. 1's, and I didn't look like them. I didn't know about prepping for a contest or how they got to look like



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that. I loved the gym and lifting weights, but I didn't know anything about nutrition and diet.

"Well, because they kept telling me I should try, I finally did it—not because I believed I was ready, but because they believed in me. 'Why not?' I decided on a contest, and two weeks before the contest I spoke to someone about nutrition. He said to eat only chicken and rice. I did that for two weeks, went into the contest, and won.

That's how I finally made the jump into competing and working toward my dream."

After three years at the national level, Charles won the super-heavyweight and overall titles at the 2013 NPC USA at the age of 36. At his pro debut at the 2014 New York Pro, he finished in fifth place. Three months after that, at the Tampa Pro, Charles landed in fourth.

In his return to the New York Pro in 2015, he notched

a third-place finish. Then, in his next contest, Charles finally earned his first IFBB Pro League title, winning the Tampa Pro this past August.

With the victory, Charles earned the right to stand onstage at bodybuilding's ultimate competition: the Mr. Olympia. He looks to carry the momentum from Tampa straight into Las Vegas.

"The Olympia is my ultimate goal—the goal of a lifetime," Charles says.

CHARLES' TRAINING SPLIT

MONDAY

Glutes & Hams

TUESDAY

Chest

WEDNESDAY

Quads

THURSDAY

Shoulders

FRIDAY

Back

SATURDAY

Arms

SUNDAY Off



HACK SQUAT

3-4 SETS,
20-30 REPS

"I used to try to keep my lower back off of the pad, which pushes the glutes that tie into the lower back very hard. I stopped pushing my back forward to keep the quads under tension. I'll usually go up to eight or nine plates."

1 THE ONE THAT STARTED IT ALL FIRST, BUT NEVER FINISHED

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*Schoell, et al. Consuming branched-chain amino acid supplement during a resistance training program increases lean mass, muscle strength and fat loss. Journal of the International Society of Sports Nutrition 2009, 6(Suppl 1):P1

*Schoell, et al. Consuming branched-chain amino acid or whey protein in combination with hypocaloric diet differentially affects muscle mass, body fat and strength in trained subjects. Manuscript in Process.



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MAXX CHARLES



LEG EXTENSION

3-4 SETS,
20-30 REPS

"Keep the lower back against the pad and squeeze your quads at the peak. I like to put my quads under constant tension when I do extensions."

CHARLES' STATS

BIRTHDATE

Feb. 21, 1977

BIRTHPLACE Haiti**CURRENT RESIDENCE**

Huntington, NY

HEIGHT 5'11"

WEIGHT 315 pounds
off-season; 265 pounds
contest

CAREER HIGHLIGHTS

2015 New York Pro, 3rd; Tampa Pro, 1st; 2014 New York Pro, 5th; Tampa Pro, 4th; 2013 NPC USA Championships, super-heavyweight and overall (earned pro card)

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CHARLES' LEG WORKOUT

EXERCISE	SETS	REPS
Plate-loaded Squat	5-6	6*
Hack Squat	3-4	20-30
Leg Extension	3-4	20-30
Leg Press	10 + 10*	20-50*

NOTES Charles is a volume monster, and his workouts can stretch to 3½ hours. The rep counts cited here represent minimums that he often exceeds in the gym.

*Perform 10 working sets of 20-50 reps, followed by 10 dropsets, with the rep count increasing each set as the weight drops. Execute 80-100 reps on the last dropset.

LEG PRESS

20 SETS,
20-30+ REPS

"This is my bread-and-butter legs exercise. I do 10 working sets with rep counts anywhere from 20 to 30 to 50. Then I do 10 dropsets and increase the reps as the weight decreases. I might do 80-100 reps on the final dropset." **FLEX**

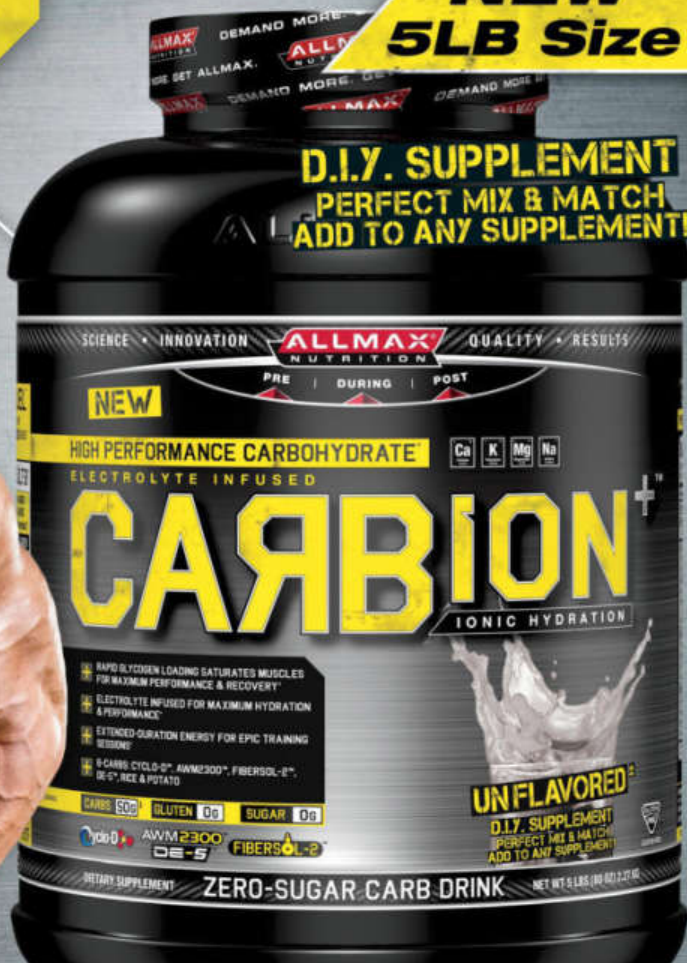
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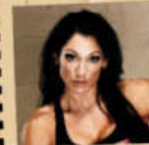
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National NPC Competitor
Brandon Beckrich

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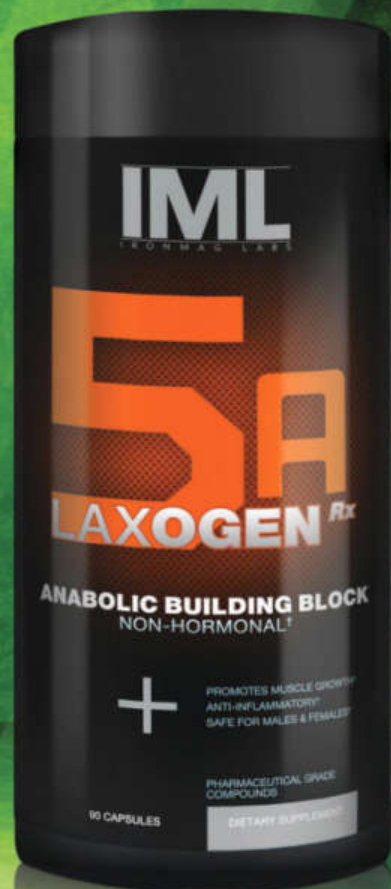
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YOUTH MOVEMENT

20-YEAR-OLD CODY MONTGOMERY MAKES HISTORY BY WINNING THE 2015 NPC USA CHAMPIONSHIPS

BY GREG MERRITT PHOTOGRAPHS BY CHRIS NICOLL

Hyperbole is as endemic to bodybuilding as it is to Las Vegas. So you may be prepared to dismiss it as creative exaggeration when you hear history was made in Sin City on July 24–25 at the USA Championships. Don't. With 158 competitors in seven divisions, it wasn't the biggest USA ever, although some classes were loaded (38 light-heavyweights, 33 heavies). One class (middleweight) was decided by one point and another (lightweight) by two, and yet it wasn't the most competitive USA ever. The three heaviest classes and the overall all featured clear winners. And it may not have been the most compelling USA ever, but it featured some fascinating story lines, including a veteran super-heavy winning after a dozen years of trying, the emergence of the junior Myth, and a few "losers" who could some day be pro winners.



IT WAS ONE YOUNG MAN WHO MADE THIS, THE 34TH ANNUAL USA, TRULY HISTORIC: CODY MONTGOMERY.

Not only was the 20-year-old Texan the youngest winner of a pro-qualifying NPC title, he was also the first NPC competitor to go pro in his first open contest. You have to go back to 1986 and 19-year-old Shane DiMora to find any American male earning pro status younger (DiMora won his Nationals class but not the overall). What's more, Montgomery held an unsurpassable record even before he stepped onstage in Las Vegas. He's the only person to ever win the Teen Nationals twice (2012 and 2013), and for good measure he won it a third time (2014). What's more, this university student who turned 21 on Aug. 6 will enter the IFBB Pro League undefeated and with five national titles to his name: three Teen Nats, the 2014 Collegiate Nats, and the 2015 USA.

Montgomery was near the heavyweight 225-pound limit, so he will surely forgo the 212 division and face off against goliaths in the big league. He hasn't yet committed to when he'll make his pro debut, but with another 10–15 pounds of proportionate muscle on his 5'7" frame, he could keep his undefeated streak alive next year with a pro league win. We'll steer clear of overstatement and avoid predictions for his long-term future. But in a year in which 45-year-old Dexter Jackson won the Arnold Classic by defeating 40-year-old Branch Warren (winner of the Teen Nationals in 1993, the year before Montgomery was born!), bodybuilding could benefit from a youth movement. And at the 2015 USA in the person of Cody Montgomery, that youth movement arrived.



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BANTAMWEIGHT

When you're limited to 143 pounds, those pounds had better be all muscle. And so it was for Mark Sindayen. Moving down from the lightweight class, this Washingtonian was the most high-def competitor in the contest. He had ultra-HD qualities you rarely see anywhere but an anatomy chart, including boldly delineated sartorius and brachialis and stupendously feathered pecs. The shorter Joshua Ferrer was thicker but nowhere near as peeled as Sindayen.

BANTAMWEIGHT TOP 5

- 1 **MARK SINDAYEN**
- 2 **JOSHUA FERRER**
- 3 **ALBERT VALDEZ**
- 4 **DAVID EGLI**
- 5 **ALVIN VIERNES**



LIGHTWEIGHT

In a triple toss-up, only three points separated the first-place lightweight from third. All three top men had distinct strengths and weaknesses. Justin Randall was the best conditioned. Austin Morell seemed a bit too tall (and therefore thin) to be limited to 154 pounds. The compact and heavily tattooed Jeffrey Homolka had the most muscle. His rear shots were especially strong, and his superior shoulder and back size earned him the pro card in this close call.

LIGHTWEIGHT TOP 5

- 1 **JEFFREY HOMOLKA**
- 2 **AUSTIN MORELL**
- 3 **JUSTIN RANDALL**
- 4 **ANDRE MCSHAN**
- 5 **PAIGE RUSSELL**

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WELTER-WEIGHT

Like the lightweights, there was a tight battle in the welters. How tight? Former lightweights Jerry Foss and Bryant Hernandez originally tied for second. With a crisply conditioned torso and legs, Foss had the best front lat spread in the class, but his rear shots weren't as strong. The wider Hernandez got the tie-breaker nod. He had the best rear and side shots in the class, and a strong case can be made for him as No. 1. In first was Armando Aman, who'd been third in his previous three pro qualifiers. With high-caliber guns and a deeply separated lower body, this Floridian possessed both density and details.

WELTERWEIGHT TOP 5

- 1 **ARMANDO AMAN**
- 2 **BRYANT HERNANDEZ**
- 3 **JERRY FOSS**
- 4 **MARSHALL HARRIS**
- 5 **JOVANN RUSHING**



Gabriel Cortez edged out his competition by one point to grab the win and become a pro.

MIDDLEWEIGHT

Here we go again. There was another close call among the middlemen, and this one was for the pro card. Only one thin point separated first from second. Both men brought crisp conditioning, inky sheens of tattoos, and big wheels to this duel in the desert. Robinson had a substantial edge in arm size, which

pitted his best body part against Cortez's worst. But, as is so often the case, this clash was ultimately decided by the rear shots. Back width and thickness was Robinson's greatest weakness, so Cortez was able to assert his advantage in the rear double biceps and especially the rear lat spread and eke out the victory.

MIDDLEWEIGHT TOP 5

- 1 **GABRIEL CORTEZ**
- 2 **DAVID ROBINSON**
- 3 **ROBERT ZAVALA**
- 4 **ROBERT WICHMAN**
- 5 **DANIEL ALEXANDER**

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Thomas Lenihan's thick musculature helped him stand out in the show's most populated class.

LIGHT-HEAVY-WEIGHT

With 38 competitors, this division was loaded, so just making the top five was a major accomplishment. Kyle Etienne displayed a dense but somewhat narrow physique. Justin Rayner's quads were the best in the USA, but they overshadowed the rest of him. In contrast, Washington's Steve Thayer needed more legs (especially hamstrings), but his upper-body highlights included umbrella lats and dagger biceps.

In the '80s, Britain's Brian Buchanan was noted for his seemingly invisible waistline, all the more impressive because of all the mass he packed above and below it. His successor may be Oregon's Addison Alexander, whose 25-inch middle and wide-flaring lats give him one of the best V tapers in bodybuilding. If he can continue filling out his superb 5'7" frame, he could be a force in the pro 212 division. First, he has to get there. When he does, he'll join Thomas Lenihan, who, after placing second in this class last year, was the prohibitive favorite, and he didn't disappoint. The 5'6" husband of IFBB physique pro Andrea Lenihan displayed a dense musculature with especially good delts and quads.



1 THOMAS LENIHAN



2 ADDISON ALEXANDER



3 STEVE THAYER

LIGHT-HEAVYWEIGHT TOP 5

- 1 THOMAS LENIHAN**
- 2 ADDISON ALEXANDER**
- 3 STEVE THAYER**
- 4 JUSTIN RAYNER**
- 5 KYLE ETIENNE**



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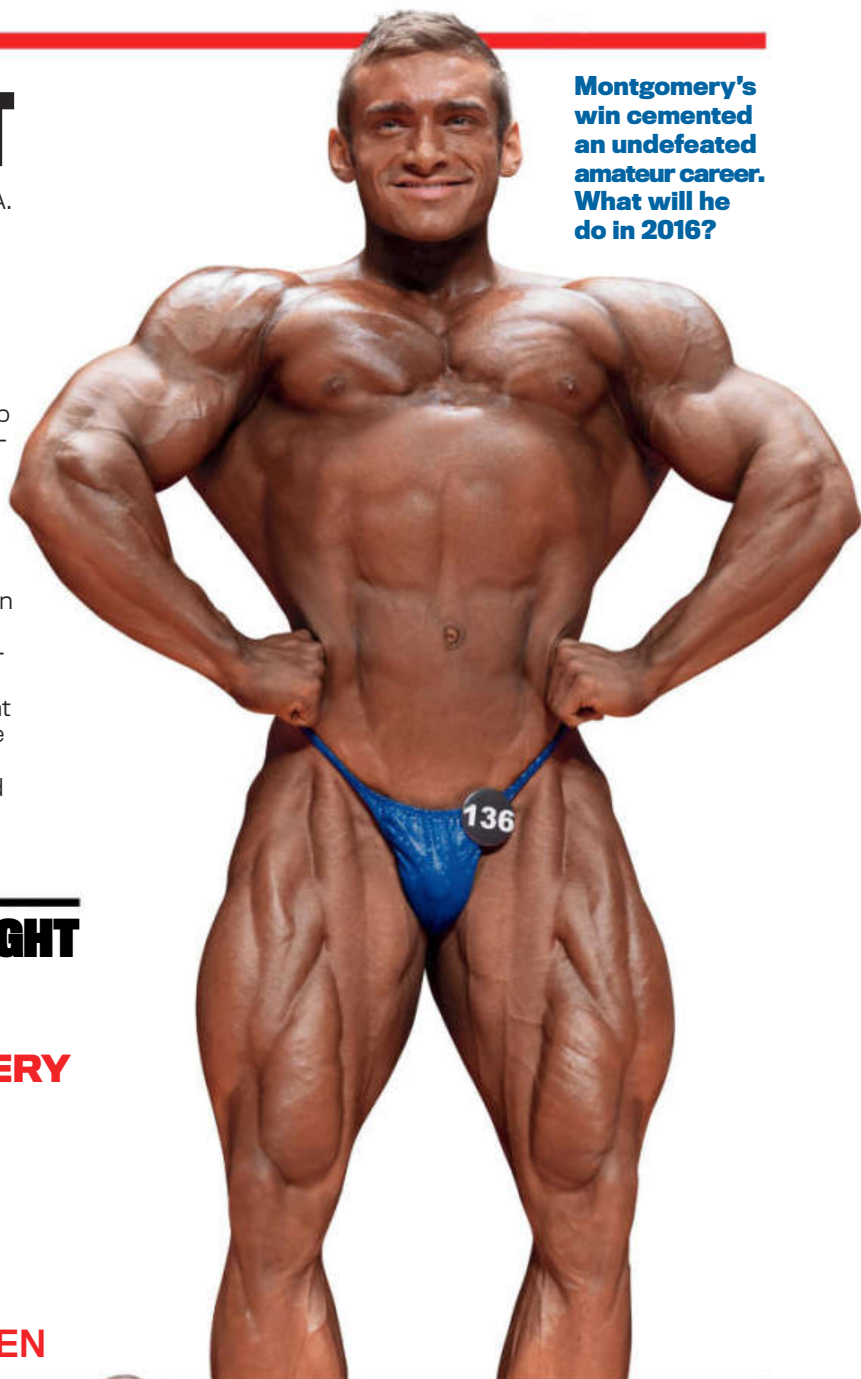
HEAVYWEIGHT

The 33-man heavy class was full of surprises. Coming off his fourth-place super-heavy finish in last year's NPC Nationals, Russ Allen possessed a set of tricked-out wheels, and should've been a spot or two higher. Making his pro-qualifier debut was this year's Atlantic States champ, Brandon Greene. He's another guy with a ludicrously svelte waistline, giving him a great structure to expand upon. Moving up from the light-heavies, was Charles Griffen. He put the extra pounds to good use and was especially strong in the side shots, which displayed his ham-size hams and gargantuan guns.

The top two heavies have collected four NPC Teen Nationals titles. Gerald Williams claimed the ultimate teen win in 2005. After struggling somewhat in open contests, he disappeared from stages for seven years—only to return in July to take the Los Angeles Championships and barely miss

a pro card at the USA. Williams' arms still lag, but he's brought his legs up, and his "lights out" rear lat spread would be the best in many pro shows. Three-time Teen Nationals champ (2012-14) Cody Montgomery didn't need a decade to impact open shows. He did it from his first pose and at only 20. While other heavies faded in some shots, Montgomery's proportionate physique was strong if not dominant in every pose, and he had the right combination of fullness and leanness for an easy victory—again.

Montgomery's win cemented an undefeated amateur career. What will he do in 2016?



HEAVYWEIGHT TOP 5

- 1 CODY MONTGOMERY**
- 2 GERALD WILLIAMS**
- 3 CHARLES GRIFFEN**
- 4 BRANDON GREENE**
- 5 RUSS ALLEN**



1 CODY MONTGOMERY



2 GERALD WILLIAMS



3 CHARLES GRIFFEN

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Blair Mone, in his 11th bid for a pro card, brought enough cuts to enter the IFBB Pro League.

SUPER-HEAVYWEIGHT TOP 5

- 1 BLAIR MONE**
- 2 SERGIO OLIVA JR.**
- 3 EDDIE BRACAMONTES**
- 4 JONATHAN WARD**
- 5 ANTHONY TENUTA**

SUPER-HEAVY-WEIGHT

With only 13 competitors, what the unlimited class lacked in quantity it made up for in quality. All of the top five were familiar names—four because of previous “nearly made it” pro-qualifier placings and the fifth because of his father. Anthony Tenuta had a broad torso, but lacked the arm and leg size needed to contend. Jonathan Ward, second last year, was sort of the inverse of Tenuta: fuller arms and legs, narrower back. Californian Eddie Bracamontes, second two years ago, had enough proportionate density but needed deeper separation.

Sergio Oliva is an icon. The late three-time Mr. Olympia (1967–69) was so celebrated for his amazing dimensions he was christened “the Myth.” His son shares his same full muscle bellies (check out his football-like arms), density, and X frame, but he’s never been able to nail it on contest day. This time he nearly did. The junior Myth had the best musculature and, with Montgomery, the greatest pro potential in the contest, but he needed to be a bit sharper. Blair Mone had been trying to go pro for 12 years. The 5’8” 35-year-old always had enough muscle but never enough cuts. But he rose steadily through the rankings in recent years, and, in his 11th pro qualifier, Mone presented enough definition in his thick physique to finally earn a ticket to the big league. **FLEX**



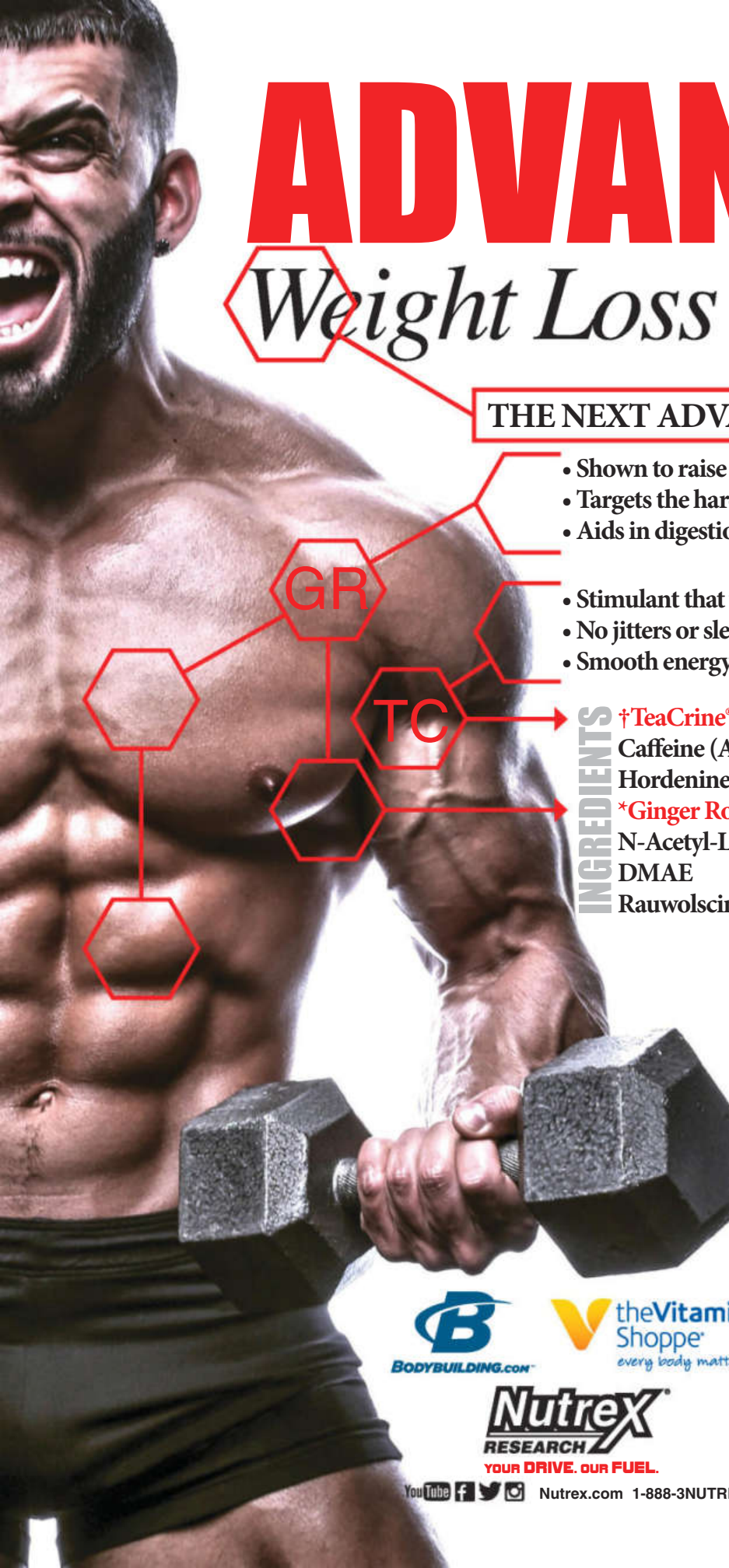
1 BLAIR MONE



2 SERGIO OLIVA JR.



3 EDDIE BRACAMONTES



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AVOID SCREWING UP YOUR OFF-SEASON MASS-BUILDING PLAN WITH THESE NUTRITION TIPS

BY MATT CHRISTENSEN

SS

IN THE OFF-SEASON

Although the off-season provides a much-needed break from rigid calorie restrictions and diligent precontest training prep, it shouldn't be viewed as a free-for-all when it comes to diet and training. Bodybuilders sometimes fool themselves into believing they can pull a Ronnie Coleman. The eight-time Mr. O could wolf down tubs of barbecue-covered chicken and trays of french fries and somehow turn up onstage with jaw-dropping size and condition. Chances are you don't possess Coleman's freaky genetics, and all you'll end up doing is digging a hole to climb out of when it's time to move back into prep mode.

To help you avoid putting on too much mass too quickly—or not enough—during your off-season, we're running a two-part feature that supplies diet and training tips. For nutritional advice, we referred to ISSA-certified trainer, sports nutritionist, and former NPC fitness competitor Stacy Moutafis, and Steve Hertzler, Ph.D., R.D., L.D., and senior research scientist for EAS Sports Nutrition.





01

DO THE MATH

JUST EAT IT

Even in the off-season your post-workout nutrition should remain similar to what it is in-season. For example, you'll still want to eat a protein-centric meal 30 to 60 minutes following your last rep. The good news is that you can be more lenient when it comes to variety.

HERTZLER

"It's important during the off-season to introduce more nutrient-rich foods and slightly larger portion sizes. Consider switching some chicken and fish dishes with lean red meat and enjoying reasonable-size portions of multinutrient combination foods like spaghetti and tacos."

MOUTAFIS

"I recommend whey protein, maltodextrin, and fruit post-workout. A fast-acting protein will ensure the muscle tissue and muscle cells get the nutrition they need for quick replenishment of glycogen [as well as] aid muscle recovery. You can also include a processed source of nutrition, like whole-grain bread."

FEEL FREE TO INCLUDE FOODS LIKE TACOS AND SPAGHETTI IN THE OFF-SEASON.

Your caloric needs should target the body weight you want, not the weight you are. But no diet is one-size-fits-all, which means you'll need to apply trial and error and routine check-ins to ensure you're meeting your goals. In other words, the suggested numbers for calorie intake from Hertzler and Moutafis are guidelines. If results are lacking, troubleshoot your approach and reassess the plan.

HERTZLER "All diets need to be tailored to the individual. But assuming an athlete was eating 500 calories per day less during his or her precontest dieting, an additional 1,000 calories per day in the off-season not only maintains weight but also helps with muscle mass and weight gain. For example, a bodybuilder eating 1,800 to 2,000 calories per day precontest would need 2,800 to 3,000 calories per day during the off-season."

MOUTAFIS "I use the old-fashioned basal metabolic rate (BMR) ratio to figure out a bodybuilder's caloric intake. So if the goal is to put on one to two pounds of muscle, it pays to know that one pound of muscle is composed of a 2,500-calorie surplus."

Despite using a BMR approach with clients, Moutafis recommends that you do not take an online BMR calculator's data as gospel. "They don't target the bodybuilder's needs as well as past training and dietary history," she says.

CALCULATE YOUR BMR

Your basal metabolic rate (BMR) is the amount of energy you expend—aka calories your body burns—while at rest. Things such as age, weight, genetics, gender, and body fat percentage are all factors that affect your BMR.

MEN

BMR = 66 + (6.23 x weight in pounds) + (12.7 x height in inches) - (6.8 x age in years)

WOMEN

BMR = 655 + (4.35 x weight in pounds) + (4.7 x height in inches) - (4.7 x age in years)

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02

FATTEN UP

In the days leading up to a contest, the mere mention of the word fat is enough to mentally devastate a dieting bodybuilder. But fats are a necessary piece to the dietary puzzle. Specifically during the off-season, consuming the right kinds and the right amounts of fats is critical to achieving optimal results.

MOUTAFIS "Fats are an oxidative energy source. Because bodybuilders are not aerobic athletes, I usually recommend they keep their fat intake at 20% to 30% of their total calories. I recommend bodybuilders rely on healthy fats like salmon, mackerel, flank steak, avocados, peanut butter, nuts, and olive oil."

HERTZLER "I recommend fish oil supplementation of 2 to 3 grams of eicosapentaenoic plus docosahexaenoic acid per day. Additionally, taking in about 33 grams of saturated, monounsaturated, and polyunsaturated fats per day is a good ratio. Many people overemphasize omega-3 versus omega-6 fats, citing anti- and pro-inflammatory effects of each. There is a certain amount of inflammation that is needed for muscle recovery. It's a fine line—a little bit of inflammation is OK, but too much can be damaging."

CONTINUE TO RELY ON HEALTHY FATS THROUGHOUT YOUR OFF-SEASON QUEST FOR MASS.

03 CAP YOUR CARBS

The ways in which you choose to carb up during your quest for mass can determine whether you'll be able to diet down in time for contest season. Also, even in the off-season, protein intake should continue to be monitored.

MOUTAFIS "Carbohydrates are your primary fuel source, so they should be at least 50% of your diet during the off-season. Post-workout carbs, as mentioned, can include fast-acting simple carbohydrates—fruits, whole-grain bread, and chocolate milk—to ensure the muscle glycogen gets replenished quickly. Athletes should also use clean carbohydrate sources—potatoes, rice, and oats—throughout the day to avoid putting on extra fat that'll be hard to take off in-season."

HERTZLER "Protein intake should be about 1.6 to 2 grams per kilogram of body weight per day, or 20% to 25% of the total diet. I suggest higher protein intake during competition dieting when the number of calories and carbohydrates are lower."



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04

CHEAT LIKE A PRO

STUFF YOUR CHEAT MEALS WITH PIZZA IF YOU WISH—BUT KEEP THE BOOZE IN THE BOTTLE.

There are times cheating can get you into serious trouble—at school, on your taxes, with a gossipy mistress, etc. But a few weekly cheat meals can do things like ramp up metabolic rate, increase your body's ability to add muscle, and help your body manage food intake more efficiently.

MOUTAFIS "I don't give bodybuilders any off-season cheat meal restrictions, but I do suggest that they avoid alcohol—one of the most catabolic agents a bodybuilder can ingest. Cheat meals are necessary for regeneration and the athlete's overall mood and drive. They can also drive metabolic boost and provide the body with a piece of nutrition that the bodybuilder hasn't had in a long time. Eat cheat meals after training; the nutrition from the cheat food gets utilized for recovery and glycogen replenishment."

HERTZLER "In terms of quantity, I suggest using a food scale to make sure portions are moderate. Aim for about half to two-thirds of what would be needed to be full and satisfied—especially for high-calorie food. For example, if four slices of pizza would totally fill you up and make you not want any more pizza, a moderate portion size would be two to three slices." **FLEX**

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SKYE HIGH

FITNESS SUPER-STAR EMILY SKYE WAS ONCE EXTREMELY SELF-CONSCIOUS ABOUT HER BODY IMAGE. TO CHANGE THAT, SHE TOOK CONTROL OF HER LIFE AND WORKED HER YOU-KNOW-WHAT OFF IN THE GYM.

PHOTOGRAPHS BY PER BERNAL



It takes just one glance (and the obligatory double-take) to see why Australian stunner and social media queen Emily Skye has more than 6 million fans following her every move. She's got it all: the body, the face, the eyes—we could keep on going. On the surface it seems she's led a charmed life, but her current status as a fitness role model didn't come easily. She's had to be tough and goal-driven to get to where she is, and that's what inspires the many women looking to improve their lives. Here, the Aussie beauty reveals some eye-opening facts about her past, her motivation to get in shape, her ideal man, and much more.

THE "AHA" MOMENT

"For a long time, I struggled with body-image issues and was extremely depressed and insecure. I loved the look of strong women. By 25, I discovered fitness and started training, gaining 22 pounds, and started to feel healthier and happier."

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It pays to mind your manners, fellas. "Gentlemen will never go out of fashion. They get me every time."

SHE LIKES IT DIRTY

"I used to ride dirt bikes. And when I'm not in the gym or working, I like to travel and to swim in the ocean."

WHAT A RACK

Of ribs, that is. Paired with a side of fries, it's how she satisfies her need to splurge.

NERDY IS SEXY

She loves it when a guy can talk anatomy and physiology. "I'll be mesmerized for hours."

COMPETITIVE STREAK

"I entered fitness competitions in Australia, winning three and placing second in two. Ultimately, I decided that lifestyle was a little too strict for me, but I still wanted to keep fit and stay in top shape."

SHE LOVES TO TRAIN...

Her glutes. "I like having sore glutes, and it's a challenge."

GIRLS WILL BE BOYS

Before she discovered makeup and dresses, Skye climbed trees, played with remote-control cars, and terrorized girls with bugs and other icky things.





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CLASSICAL SCULPTING

HENRI-PIERRE ANO ON BODYBUILDING AESTHETICS AND HOW TO BUILD A V-SHAPED BACK

BY GREG MERRITT PHOTOGRAPHS BY PER BERNAL

The battle for the soul of bodybuilding

has raged for decades.

It pits those who want to impress with aesthetics versus those who want to shock with freakishness. The conflict heated up in the '90s when classicists like Shawn Ray and Flex Wheeler unsuccessfully battled modernist Dorian Yates. Some can combine the best of both factions: sculptor and monster. But more often bodybuilders and fans have to choose sides. Put Henri-Pierre Ano squarely on Team Aesthetics. The 2013 Canadian Nationals champ vows to maintain his slim middle and pleasing lines as he continues fleshing out his tall frame.

ARTISTIC INFLUENCE

Ano was rooting for Team Aesthetics before he ever hoisted a barbell. "The first time I saw a bodybuilder was the winter of 1991 or '92 [when he was 10 or 11]. We stopped at a little general store, and I saw a muscle magazine. On the cover was Shawn Ray. I asked my mom to buy the magazine for me, and she did. The first thing I did when I got home was cut out a picture of my face and stick it on Shawn Ray's body, because I said, 'I want to be like that,'" he remembers with a laugh. "After that, Shawn Ray and Flex Wheeler were my favorites. I always liked those physiques that were really aesthetic."

Ano was born in Montreal, Canada, on Oct. 15, 1981, the son of a father from Ivory Coast and a native Québécois mother. Both parents were high school art teachers, which likely influenced Ano's eye for physical harmony. He was proficient at drawing and painting when he was a kid, but he later gave up the pen and brush for a hockey stick. "Being in Canada, my main sport was hockey," he says. "I played junior league, but I dropped out when it was apparent I wouldn't make it to the NHL." He switched to basketball in high school and then played for a small college team.

As part of his basketball conditioning, he started lifting weights. "There was a little gym at school. We didn't know what we were doing, but I noticed serious changes [to my body] right away. Teachers and others accused me of using steroids, but I



wasn't using anything." Still, despite his proficiency for gaining muscle and his early Shawn Ray fandom, it never occurred to him then that he could be a bodybuilder. It wasn't until 2008, when Ano was 27, that he began truly lifting. Through his telecommunications job, he received a trial three-month membership to Pro Gym in Montreal.

BUILDING THE SCULPTURE

"Once again I noticed the changes right away. Pro Gym was the gym where all the bodybuilders and athletes trained, and people asked me, 'Would you like to compete?' and I was like, 'I don't know.'" He met Larry Vinette, an elite light-heavy competitor, who has served as his coach ever since. "I'd only been training for four months, but Larry thought I should enter a show, just to see how it went." Weighing 207 at 6' tall, Ano won that drug-tested regional show. "And I was hooked right then," he says.

He attended firefighting school from 2009-10. "It's kind of my fallback position," the current personal trainer and IFBB pro says, though he also explains that firefighter job openings are scarce in Quebec. He returned to training seriously in 2010, and after failing to place in the 2011 IFBB World Championships, he felt he'd progressed as far as he could in drug-tested contests. After a super-heavy seventh in the 2012 Canadian Championships, Ano rocketed all the way to the overall title in 2013. "All the guys who'd beat me the year before were looking at me, and their minds were blown by how much I'd improved. I'd brought up my legs, and my conditioning was better. Still, I didn't expect to win."



**"THE GOAL IS TO KEEP INCREASING MY SIZE WITHOUT
SACRIFICING THE CONDITIONING THAT I ALWAYS BRING.
I JUST HOPE TO GET BIGGER AND PLACE BETTER."**



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“I WANT US TO GO BACK TO THOSE OLD-SCHOOL PHYSIQUES, SO PEOPLE CAN COMPETE LONGER AND ALSO PROJECT A BETTER IMAGE.”

Ano's first two years in the IFBB Pro League have been highlighted by a sixth at last year's Toronto Pro and a fourth at this year's New York Pro. He weighed 250 in the latter contest, but he knows he still needs more. “Every year, I've made big improvements. The goal for me is to keep increasing my size without sacrificing the conditioning that I always bring. I just hope to get bigger and place better.” His upper body—highlighted by his capacious shoulders and svelte waistline—may already be full enough to win pro titles, but Ano needs to bring his legs up to the same standard. To that end, he devotes half of the six workouts in his four-day split

to his lower body. He stresses quads and hamstrings on separate days and also hits quads twice on the same day—with heavier sets in the first workout and lighter sets in the second session.

BACK IT UP

Ano's back routine exemplifies his aesthetics-first philosophy. He isn't powering up low-rep deadlifts and T-bar rows indiscriminately in the hope that greater and greater weights will pack on more and more mass somewhere on his back. Instead, he has a precise strategy for widening his upper lats for an even more pronounced V-taper and bringing out all the cookie-cutter

details that make rear shots magnificent but not monstrous.

His first exercise always involves hanging from a bar—either pullups (overhand), chins (underhand), or close-grip pullups (neutral). “I think more of my back development comes from these than any other exercise,” he avers. “I rotate which one I do, but I do them weighted, and the reps are always six to eight maximum. I can do the close-grips with four plates [180 pounds], hanging from a belt. And I always do a slow tempo—lowering myself for four, and sometimes even five, seconds.”

Next up are two types of rows for higher reps. First are either one-arm dumbbell rows, barbell rows, or machine rows for 10 to 12 reps at a slow tempo, holding contractions for one or two seconds. Then he performs seated cable rows for 14 to 16 reps at a faster tempo. He prefers to do these underhand with a long bar. “It lets me pull the bar in low and get my elbows back a little farther to focus on the lower lats and the inner back more,” Ano

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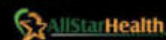


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**Pullups
are Ano's
go-to move for
building his
V-taper.**



explains. Then come pull-downs for 10 to 12 reps. "Whichever way I did my first hanging exercise, I'll do the pulldowns a different way. So if I started with wide-grip pullups, I'll do the pulldowns with a close, parallel grip."

He ends his back routine with two finishing movements. The first is straight-arm pulldowns, which apply continuous tension to the lats and also hit the frequently neglected serratus—the fingerlike muscles on the sides beneath the armpits. The 2013 Canadian champ does these at a slow tempo for 12 to 15 reps. His final back exercise is the face-pull. This is a somewhat unique exercise performed with a rope attached to a cable and set at approximately face level. Ano separates the rope ends as much as possible at contractions so they're on the sides of his ears; he feels the tension throughout his inner back: traps, rhomboids, and teres major and minor. Face-pulls help accentuate the density and details that make a rear double biceps shot pop.

AESTHETIC CONCERNS

When I ask Ano, this year's breakout star on Team Aesthetics and someone who still reveres Shawn Ray and Flex Wheeler, what he thinks of the state of modern bodybuilding, he has strong opinions. "Everyone has been wondering about this after what Arnold said [championing Cedric McMillan and more aesthetic bodybuilders the day after this year's Arnold Classic]. This [emphasizing aesthetics] is just the way it has to be, because the last couple of years we've seen so many guys with bloated guts and looking monstrous onstage. It might be impressive, but at the end of the day, look at where these guys end up.

"Look at Ronnie Coleman now. Is that representing bodybuilding well? I don't

ANO'S TRAINING SPLIT

(4 days on, 1 day off)

	A.M.	P.M.
DAY 1	Chest, back	
DAY 2	Quads (heavy), calves	Quads (light)
DAY 3	Shoulders	Shoulders
DAY 4	Hamstrings, calves, abs	

ANO'S BACK ROUTINE

EXERCISE	SETS	REPS
Pullup	4-5	6-8
One-arm Dumbbell Row	3-4	10-12
Seated Cable Row	4	14-16
Close-grip Pulldown	3	10-12
Stiff-arm Pulldown	3	12-15
Face-pull	3	15

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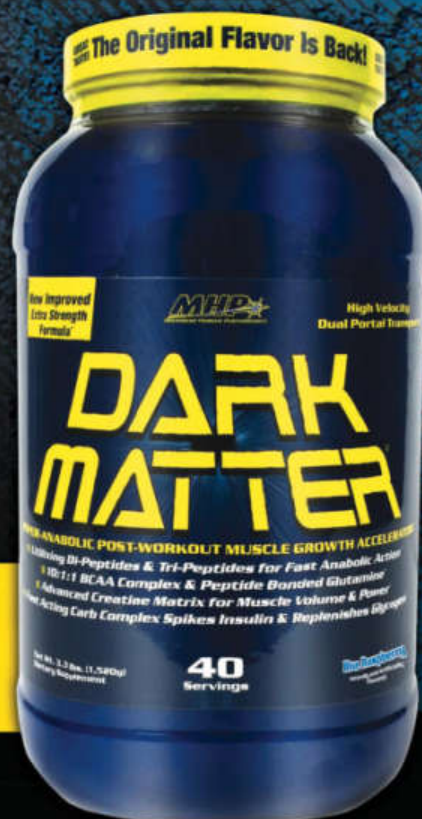
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think so. I think you still want to be in good shape and health after your career. [Coleman has had several spinal surgeries and a double hip replacement.] Of course, certain things like injuries are somewhat out of your control, but that's what happens when you push it to the limits. You need to know how to limit yourself for your health and for the best look to your physique.

"I want to keep bodybuilding aesthetic. I want to be the future of bodybuilding. I want us to go back to those old-school physiques, so people can compete longer and also project a better image. Look at guys back in the '70s and '80s and '90s. [Back then] people were saying, 'What a nice physique.' And now with the monster generation, people see bodybuilding as all about drugs and unattainable goals. You want to have something that people can reach for. So I think it's more important to keep that more aesthetic, symmetrical look and don't go too overboard.

"For me, today, I look up to people like Shawn Rhoden. I like Dennis Wolf's look, too; he's big, but he has nice lines. I still love Dexter Jackson's physique. Even Big Remy, he's enormous, but he's still in proportion with a waist that's still very small for the size of his quads and his shoulders. So that's what I think we should emphasize. Of course, these are still giant guys, but they keep it aesthetic. And that's what I aspire to be as I continue to fill out. I want to get bigger but not at the expense of my aesthetics." **FLEX**



TOP 5 CANADIAN NATIONALS CHAMPS

1
Roy Callender
(1979): Won three pro contests, 4th in '80 Olympia.

2
Ben Pakulski
(2008): 11th in '12 Olympia, 2nd in '13 Arnold.

3
Fouad Abiad
(2006): Won two pro contests, 2nd in three others.

4
Steve Brisco (1986): 5th in '92 Arnold, 11th in '92 Olympia.

5
Claude Groulx (1992, 1994): Won '03 Masters Olympia.

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MEN'S PHYSIQUE: THE NEW BODYBUILDING?

THE MEN'S PHYSIQUE DIVISION CONTINUES TO GROW, AND IFBB PRO ANTON ANTIPOV TELLS US WHY HE THINKS IT JUST MIGHT BE THE NEXT BIG GAME CHANGER

In 2012, the IFBB inaugurated its men's physique division, opening the competitive door for countless men blessed with great genetics and strong work ethics. For Anton Antipov, it marked the start of a new career and a new life.

"Every year I make 12 resolutions, one for each month, something doable, like reading a book by a new author or visiting someplace new," Antipov says. "One of those resolutions was to compete in a men's physique competition."

Antipov went to the 2012 NPC Steve Stone Metropolitans to spectate, but he made a game-time decision to hop into the show and wound up placing fourth.

"If I could jump into a show half-assed and get fourth, I wondered what I could accomplish if I actually prepared," he says.

Antipov did nine contests in 2012, winning his pro card at the IFBB North Americans. To date, he's won four pro shows and most recently placed third at the 2015 New York Pro. He's also competing in his third Olympia Men's Physique Showdown on Sept. 19. Check FLEXonline.com to see how he fared.



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I pretend I have a preacher bench underneath my elbow, **sticking my elbow out forward** before curling to place tension on my biceps.

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THE ENTIRE MOVEMENT. DO NOT OVERBEND.**



HANGING KNEE RAISE
Slowly bring knees up, pause, and slowly lower. To keep constant tension, don't lower your knees all the way down.

STUDENT ATHLETE

Many men's physique competitors share the same characteristics: They're former high school or collegiate athletes who got into modeling or bodybuilding. Antipov didn't start competing at age 17 like current Olympia Men's Physique Showdown winner Jeremy Buendia, yet he has more athletic history than Arnold Classic Champion Sadik Hadzovic. In fact, sports are how Antipov learned to speak English. "In 1997, I came to the U.S. from Belarus, where I played hockey," Antipov says. "I didn't speak English, so I knocked on the doors of kids who lived on my block and asked if they wanted to play hockey with me."

ANTIPOV'S STATS

AGE 32
HEIGHT 5'11"
WEIGHT 196 lbs
RESIDENCE Brooklyn, NY
SPONSOR Nutrex Research, Gym Aesthetics
CAREER HIGHLIGHTS
2015: IFBB Battle on the Beach, 1st; 2014: IFBB Dayana Cadeau Classic, 1st; 2014: IFBB Prestige Crystal Cup, 1st; 2013: IFBB Powerhouse Pro, 1st

THE PERFECT BEACH BOD

Antipov started his career as a 140-pound fashion model, traveling the world doing photo shoots. After realizing it wasn't sustainable, he signed with a fitness modeling agency and starting booking fitness shoots and learning more about bodybuilding. "I didn't think about competing until my booker told me about men's physique," he reveals.

"You want to come in looking like the perfect body you'd see on the beach," NPC and IFBB judge and chairman of the NPC Northeast, New York and New Jersey, Steve Weinberger says. "You go, 'Look at that body—I can attain that just by going to the gym, dieting, and doing my cardio.'"

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A muscular man is lying on a black weight bench, performing a dumbbell fly exercise. He is holding a pair of black dumbbells with both hands, arms extended upwards. The dumbbells have "35 Intek" written on them. The man is shirtless, wearing a black cap, and his muscles are very defined. In the background, there are racks of various dumbbells in a gym setting. A red triangle graphic is in the top left corner.

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IN THE MIDDLE
OF YOUR BACK
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SHOULDERS
ON THE BENCH.**
THIS PLACES
THE STRESS ON
THE PECS.

**ANTON
ANTIPOV**

THE CARDIO KING

Another constant in Antipov's training is his cardio. He starts with ab training in the morning on an empty stomach, then does sprints followed by the StairMaster and StepMill. Then comes the day's first meal.

Running and walking are staples of Antipov's life, and he competes in charity races to raise money for various causes. He also completes Tough Mudder and Spartan Race obstacle races just to challenge himself. Based in New York City, Antipov walks virtually everywhere, which adds up to a lot of calories burned. "All of the walking helps keep me in shape; it's steady cardio."

INSTINCTIVE PHYSIQUE

Antipov has previously bulked up to 205 pounds, but now he fluctuates between 186 and 195. His training is completely instinctual; he doesn't have a set training split.

"I train whatever I feel like training, so if my legs are lagging I sacrifice an arm day for an extra leg day," he says. "I dedicate up to two hours to lagging body parts."

One certainty of Antipov's training is his attention to detail.

"I usually do one compound exercise, and the rest are isolation exercises where I add more detail," he says. "When you create more detail you create more separation in the muscle."

SAMPLE DETAILS WORKOUT

EXERCISE	SETS	REPS
Cable Crossover*	4	12-15
Dumbbell Bench	4	12, 10, 8, 6, 20**
Machine Chest Press	4	12-15 (each arm)
Dumbbell Flye	4	12, 10, 8, 6
Chest Dip	2	15
Dumbbell Curl	4	10
SUPERSET WITH Overhead Dumbbell Triceps Extension	4	14
Hanging Knee Raise	3	12
Oblique Cable Crunch	3	12

*On Set 1, arms meet at the bottom of the chest. On Sets 2-4, arms meet higher on the chest. Set 4 will have arms meet at the middle of the chest.

**Drop weight by 50% and do a dropset for 20 reps.

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A full-page photograph of a muscular man, Anton Antipov, performing a machine chest press. He is shirtless, wearing a black baseball cap and grey sweatpants, and is seated on a machine. His physique is highly defined, showing significant muscle mass and low body fat. The background is a blurred gym setting.

**ANTON
ANTIPOV**

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CHEST
PRESS**
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ACROSS YOUR
BODY. PERFORM
ON AN INCLINE
TO HIT INNER
AND UPPER
CHEST.

A BRIEF HISTORY OF MEN'S PHYSIQUE

On May 21, 2011, at the NPC Jr. Nationals, the National Physique Committee introduced the men's physique division. To find out how and why the division was created, we asked Weinberger. "Every year there's a meeting that [IFBB president] Jim Manion holds with all of the chairmen, and that's where ideas are brought to the table," Weinberger says. "It was Jim's idea, everyone knew it was a great idea. Not everybody wants to be built like a bodybuilder. Men's physique gives a platform for these guys to compete."

The NPC's criteria for men's physique states: "Judges will be looking for fit contestants who display proper shape and symmetry combined with muscularity and overall condition. Judges are looking

for the contestant with the best stage presence and poise who can successfully convey his personality to the audience."

THE EVOLUTION OF PHYSIQUE

Proportion is key for men's physique athletes. However, posing along with the overall look has changed since the division's inception. "When it first started, all you did onstage was put your hand on your hip; you couldn't flex anything," says Antipov. "Now everyone flexes everything. Some guys are posing like 1980s bodybuilders."

The overall look, Antipov says, has seen a trend toward more size coupled with increased conditioning. Officially, coming in too big is supposed to be a disadvantage, but as of now there is no plan to curtail the strive for more size. "We try to make

sure not to have anyone too big," Weinberger says. "Some guys are going over a bit, but they don't win, because they're too big. We're going to keep it just the way it is because it's very successful and popular."

MAINSTREAM APPEAL

Men's physique has attracted athletes from all walks of fitness. "There's a broader range of possibility for men's physique," Antipov says.

Change is upon us, with Weinberger adding that men's physique will continue to grow to be just as popular as bodybuilding. Antipov goes one further.

"Men's physique is going to become the new bodybuilding."

The exposure of men's physique is a win for the fitness community, as it inspires weekend warriors and professional athletes alike to reach an attainable goal. **FLEX**

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NEWS**

Lee Haney discusses the rise of men's physique.

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Jon Delarosa earns top honors in the Windy City.

PAGE 192

Is Sadik Hadzovic more aesthetic than Frank Zane?

PAGE 194

Exclusive pics from the IFBB Northern CA Pro.

PAGE 198

We can't decide if '01 Ronnie bests '73 Arnold. Can you?

PAGE 208

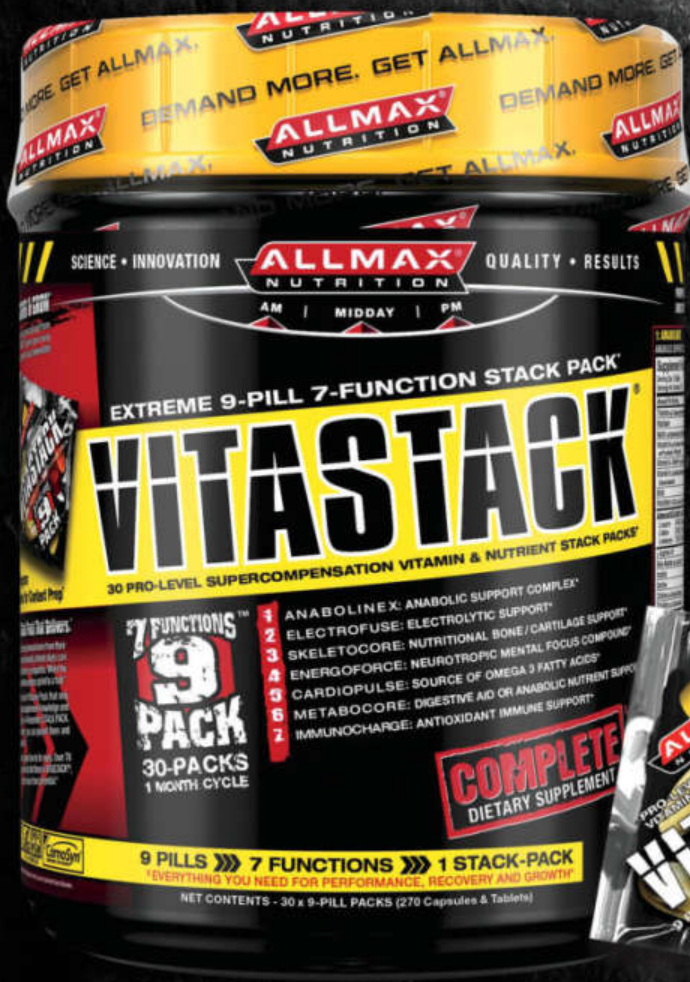


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CODY SIGNS WITH AMI!

RISEING STAR CODY MONTGOMERY KICKS OFF HIS IFBB PRO LEAGUE CAREER AS AN AMI/WEIDER ATHLETE

It's confirmed! 2015 NPC USA champion Cody Montgomery has signed an exclusive contract with AMI/Weider Publishing. Only 20 years old at the time of his win on July 25, Montgomery is the youngest amateur to earn his pro card with an overall win at a pro qualifier, which was also his first at-bat in an open-class contest. With an impressive résumé that also includes three Teen Nationals (2012-14, also a record) and the 2014 Collegiate Nationals, Montgomery said this about his AMI/Weider deal: "Signing with Weider seems surreal. To think that pictures of me would be regularly found in a magazine in which many of the greatest bodybuilders in history have been featured...wow! I am beyond thrilled."

You have to go back to the 2005 USAs when a young phenom named Phil Heath took the bodybuilding world by storm to appreciate the same level of excitement Montgomery is generating. "When people mention my name in the same sentence with Phil Heath, I'm shocked and humbled by the comparison," Montgomery said. "I feel so lucky and can't help but be unbelievably grateful for all the opportunities that have come my way by me just following my passion, bodybuilding."

Stay tuned for in-depth features on Montgomery's training and nutrition strategies, exclusively in FLEX.

"MY PLAN IS TO PUT MY HEAD DOWN, FOCUS ON THE BUSINESS OF BODYBUILDING, AND MAKE SURE WHATEVER THE EXPECTATIONS MAY BE, I DO MY PART TO EXCEED THEM."



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† When combined with a proper exercise and nutrition regimen. Statements based on early-stage independent 3rd party in vivo and / or in vitro model scientific research data findings for individual ingredients.

DIESEL JOINS TEAM AMI

JUAN MOREL SIGNS AN EXCLUSIVE CONTRACT

In 2011, Juan “Diesel” Morel was a rookie pro with a promising future ahead of him. The former heavy beefed up to take super-heavyweight and overall honors at the 2011 IFBB North American Championships. In his pro debut, the hometown hero finished fourth in a tough lineup at the 2012 New York Pro. A few weeks later he bounced back with a win at the Europa Battle of Champions.

In 2014, Morel scored a second W at the Toronto Pro. This time, he elected to compete in the sport’s biggest show, where he placed a respectable 10th. “Making the top 10 was my goal, and I was ecstatic to have achieved it,” said.

He went on the post-Olympia tour, placing in the top seven in five shows. This year, Morel looked better than ever to capture the New York Pro over fellow East Coast stalwarts Victor Martinez and Maxx Charles. The next move for Team AMI/Weider’s latest signee is a trip back to the Big O on Sept. 18–19. “I want to do better this year,” Morel said. “I have to keep working hard because I know everybody else is, too.”



**“I WANT
TO BE
KNOWN
FOR BEING
AESTHETIC
AND
MASSIVE
AT THE
SAME TIME.”**

FIRST TIMERS **Korean bodybuilders make it all the way to the O!**

■ **On Sept. 19**, in Las Vegas, NV, two men will make history: Kim Jun Ho and Kang Kyung Won. Both will have competed in the Olympia 212 Showdown, becoming the first bodybuilders to represent South Korea at Joe Weider’s Olympia Weekend. Kim also became the first Korean to win an IFBB Pro League contest at the BodiPower Pro 212 in Birmingham, U.K., on May 16. His fellow countryman Kang upset Sami Al Haddad to win the Europa Dallas Pro 212 on June 20. Results will be in by the time you get this issue in hand, so check out FLEXonline.com to see how they fared at the Olympia.



Kim Jun Ho



Kang Kyung Won



2015 IFBB SAN MARINO PRO



Three new divisions join the world's best bodybuilders at the second annual SM Pro

■ **Last year's inaugural** San Marino Pro featured an exciting final battle between rivals Shawn Rhoden and Dennis Wolf. Rhoden got the nod to finish the year with his second contest win and close the gap in his 2014 head-to-head record with his nemesis, 2-3. While it's still too early for a competitor's list, FLEX is confident that this year's SM Pro will be every bit as exciting. In addition to open men's bodybuilding, fans will be treated to the world's best men's physique, bikini, and figure athletes. All division winners qualify for the 2016 Olympia Weekend. The San Marino Pro is scheduled to take place Nov. 15. For additional info, go to sanmarinopro.com.



2015 IFBB KOREAN GRAND PRIX

IFBB Pro League action returns to Seoul, South Korea

■ **For those who need proof** that bodybuilding is indeed gaining in popularity worldwide, look no further than the People's Republic of Korea. Last year, the Land of the Morning Calm hosted its first-ever IFBB Professional League contest, and now it's back for Round 2 with the 2015 Korean Grand Prix. At last year's contest, reigning three-time Olympia 212 Showdown champ Flex Lewis and two-time Bikini O winner Ashley Kaltwasser were both victorious. Expect another strong lineup this year. Division winners qualify for the 2016 O Weekend. It all takes place Sept. 26, in Seoul, South Korea. For more info, go to ifbbprokorea.com.

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The legendary Lee Haney combined the best qualities of aesthetics and mass.

When the sequined bikinis, posing suits, and board shorts start appearing in Atlanta this Halloween, it won't be the office Halloween party that folks are prepping for. Instead they will be lining up for eight-time Mr. O Lee Haney's 2015 Physique and Fitness Games at the Georgia International Convention Center.

For the Physique Games portion, Haney is promoting an NPC national qualifier for bodybuilding, figure, bikini, and physique competitors. However, the Fitness Games are not an NPC-related event—don't expect a fitness division contest on the schedule. Instead, the Fitness Games are a continuation of the Sports and Fitness challenge that Haney launched in 2005 at the GNC Show of Strength.

The event grew into a yearly fitness challenge intended to engage participants of all ages, in activities for the younger set—among them the Fit Kids Obstacle race course, Kids Gym Gymnastics, and the Navy SEAL-designed BattleFrog Indoor Obstacle Course. Besides the NPC contests, adults will also be able to enjoy the American and North American Strongman contests. FLEX caught up with Haney to talk about the Physique and Fitness Games.

FITNESS FOR ALL

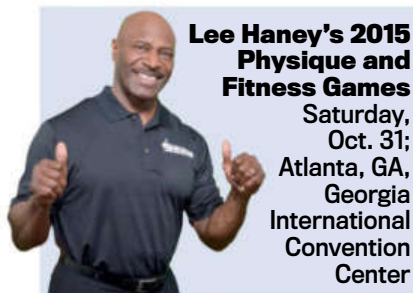
THE EIGHT-TIME MR. OLYMPIA'S BODYBUILDING, FITNESS, AND SPORTS EXTRAVAGANZA



Q It has been almost a quarter century since you retired [after holding the O title from 1984-1991]. How has bodybuilding changed?

When I won the Nationals in 1982, I weighed 212 pounds. And that was enough that I was able to think that maybe I could look like the best, like Arnold Schwarzenegger, Robby Robinson, and Bill Pearl. It was a realistic goal.

I think the changes happening in the IFBB speak for themselves. Physique is exploding because bodybuilding may have gone too far with mass [and moved] away from the polished, complete physique exemplified by Arnold, Bobby, Larry Scott, and the other people who wrote the books on what bodybuilders should look like. From the viewpoint of the guy just starting out, just getting his pro card, getting to the open level is nearly impossible unless you're a mass monster. As a result I think the bodybuilding world has lost a lot of magic, a lot of what made it accessible to everybody.



Lee Haney's 2015 Physique and Fitness Games
Saturday,
Oct. 31;
Atlanta, GA,
Georgia
International
Convention
Center

Is that why you used the word physique in the title for your event?

People want to dedicate themselves to something that's possible, that's achievable.

Our competition also includes the word games because fitness is about a lot of things beyond strength—it's about looking good and feeling good and, at the basic level, about being fit and being able to enjoy yourself because of it. It's part of what bodybuilding is supposed to be. There's a natural connection between training and fitness and sports. This event has something for all of the population.

Is it an approach that appeals to sponsors?

This is something that reaches across the spectrum. Our title sponsors are Steve and Marjorie Harvey. For presenting sponsors, we've got Harbinger, Hemelgarn Racing, Team Super Fitness Centers, Jan Tana, Sherman College of Chiropractic, Paramount Acceptance, PowerBlock, and Benefit Resources & Planning. And there's all the contributing sponsors, too—FLEX, Bodybuilding.com, Lee Haney Nutrition, the International Association of Fitness Sciences, Kids Gym USA, Strongman Corporation, BattleFrog Obstacle Series, and the Herculean Strategies Group.

When was the last time you promoted a show?

It's been a long time! The last time was back in 1988—Vince Taylor won that one.



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**OPEN
BODYBUILDING**

- 1** Jon Delarosa*
- 2** Michael Lockett
- 3** Akim Williams



**2015 IFBB
VANCOUVER
PRO**

July 25,
Vancouver,
BC, Canada

**OPEN
BODYBUILDING**

- 1** Fouad Abiad*
- 2** Jon Delarosa
- 3** Renaldo Gairy

212

- 1** Shaun Clarida*
- 2** Derik Farnsworth
- 3** Patrick Bernard

**MEN'S
PHYSIQUE**

- 1** Eren Legend*
- 2** A.J. Shukoori
- 3** Mirko Maras

BIKINI

- 1** Alla Semenova*
- 2** Francesca Lauren
- 3** Sofia Tandilian

FIGURE

- 1** Candice John*
- 2** Janaina Ferreira
- 3** Swann Delarosa

FITNESS

- 1** Tanji Johnson*
- 2** Whitney Jones
- 3** Chika Aluka

**WOMEN'S
PHYSIQUE**

- 1** Leah Johnson*
- 2** Jodi Boam
- 3** Kristina Dybdahl-Farnsworth

2015 IFBB WINGS OF STRENGTH CHICAGO PRO

JULY 4, CHICAGO, IL



212

- 1** Craig Richardson*
- 2** Tricky Jackson
- 3** Oliver Adziewski



FIGURE

- 1** Cydney Gillon*
- 2** Wendy Fortino
- 3** Jessica Canty



**WOMEN'S
PHYSIQUE**

- 1** Kira Neuman*
- 2** Sheronica Henton
- 3** Mindi O'Brien



**WOMEN'S
BODYBUILDING**

- 1** Helle Trevino
- 2** Rita Bello
- 3** Virginia Macias



FITNESS

- 1** Fiona Harris*
- 2** Kristine Duba
- 3** Marta Aguiar

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**HADZOVIC**

HEIGHT

5'11"

WEIGHT

190

AGE

28PRO
CONTESTS**12**YEARS
AS PRO**4**PRO
WINS**4****ZANE**

HEIGHT

5'9"

WEIGHT

190

AGE

73PRO
CONTESTS**10**YEARS
AS PRO**10**PRO
WINS**3**

HADZOVIC vs. ZANE

Frank Zane is the godfather of the men's physique division. Most of the best bodybuilders of the '70s emphasized quality over quantity. But even in that era, Zane, Mr. Olympia from 1977 to 1979, stood out as a paradigm of aesthetics. Size standards have progressed ever onward since then, especially regarding legs. The Frank Zane who was the best bodybuilder in the world 36 years ago would have difficulty winning an amateur bodybuilding title today. But put that same 37-year-old in the Olympia Men's Physique Showdown and he could come out on top.



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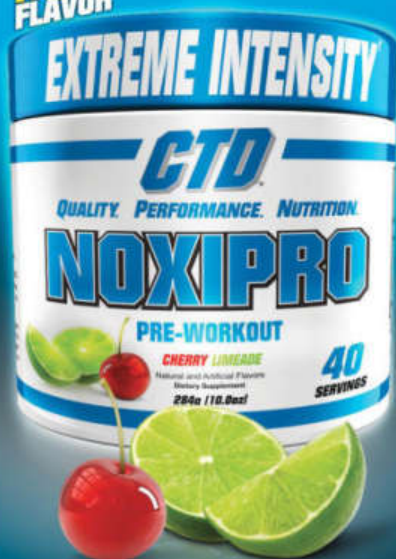
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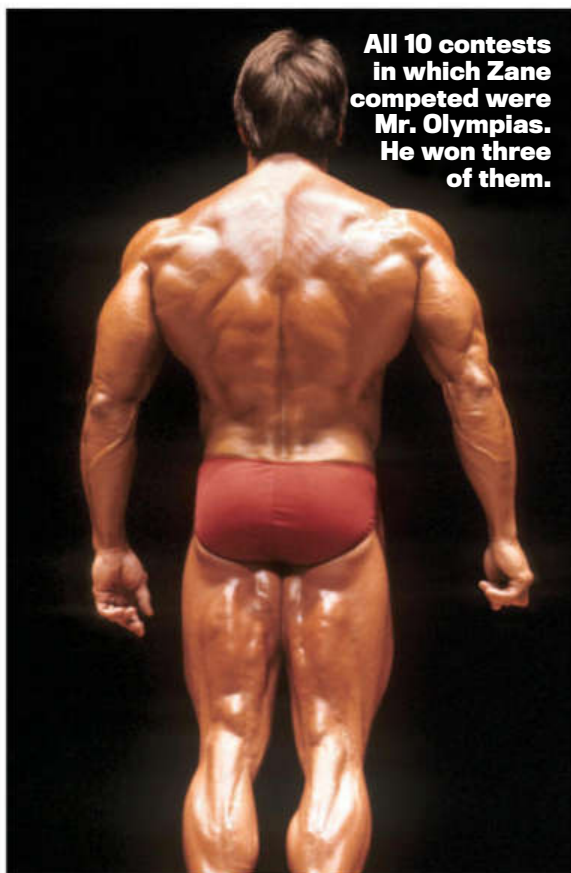


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LAST SET | POSEDOWN

The men's physique division was created to champion Zane-style bodies. With thighs beneath board shorts, the focus is on upper-body aesthetics: a slender waist with crisp abs, broad shoulders with capped delts, a classical ideal of attractiveness. With similar dimensions and a facial resemblance to the three-time Mr. O, Sadik Hadzovic, who won this year's Arnold Classic men's physique, is like a modern incarnation of the Zane paragon. If, in some time-travel plot, the body-building legend of yesteryear squared off against the top-ranked physique pro of today, they'd be evenly matched—whether wearing board shorts or posing trunks.



All 10 contests in which Zane competed were Mr. Olympias. He won three of them.

HADZOVIC

STRENGTHS
Aesthetics,
shoulder
width,
delts

WEAKNESSES
Leg size

ZANE

STRENGTHS
Aesthetics,
slim hips,
delts

WEAKNESSES
Leg size

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2015 IFBB NORTHERN CA PRO

MAY 29, SACRAMENTO, CA



1 Up-and-comer Kane Bishop squeezes out a most-muscular for the camera.



2 From left to right: Hany "the Pro Creator" Rambod with his protégés, IFBB bodybuilding pro Dallas McCarver, Russell Hayes, and Olympia Men's Physique Showdown champ Jermy Buendia.



3 You got me! Tamara Haddad surrenders.

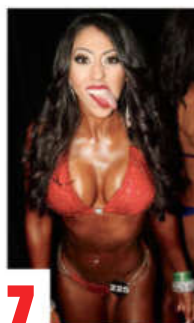


4 Buendia with his better half, IFBB bikini pro Assria Narmin.

5 Adam Jensen of *npc newsonline.com* gets to the venue bright and early to grab the best seat in the house. Unfortunately, nobody had the heart to tell Adam the contest was on the 29th, not the 28th.



6 These ladies prove that hard work results in lots of hardware.



7 Miley Cyrus, eat your heart out.



8 Now that's how you hydrate!

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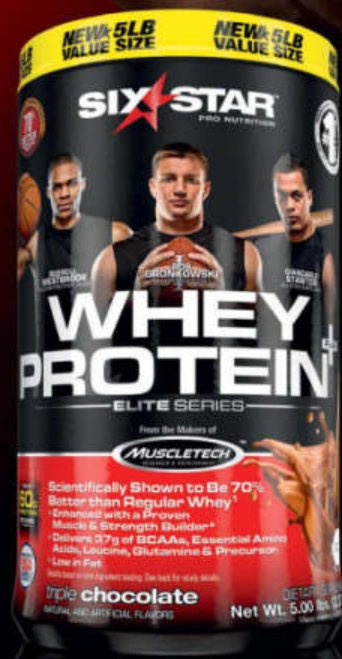
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- 10/11 EUROPA PHOENIX PRO BODYBUILDING, 212, FITNESS, BIKINI, AND PHYSIQUE** Phoenix, AZ. Contact Ed & Betty Pariso, bettypariso@aol.com, europagamesexpo.com.
- 17 FORT LAUDERDALE CUP PRO BIKINI AND MEN'S PHYSIQUE** Fort Lauderdale, FL. Contact Shannon Dey, Bombshell Fitness, (386) 492-3163.
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- 24 DAYANA CADEAU PRO BODYBUILDING, BIKINI, AND MEN'S PHYSIQUE** Coral Springs, FL. Contact Dayana Cadeau, (561) 351-0722, bodygift2001@yahoo.com, dayanacadeauclassics.com.

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- 17 BADGER STATE BODYBUILDING*** West Bend, WI. Contact Stacey & Kevin Tomasini, (262) 707-5618.

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ON THE WEB

For additional local event listings, information on entering these contests, and more, go to npcnewsonline.com and ifbbpro.com.

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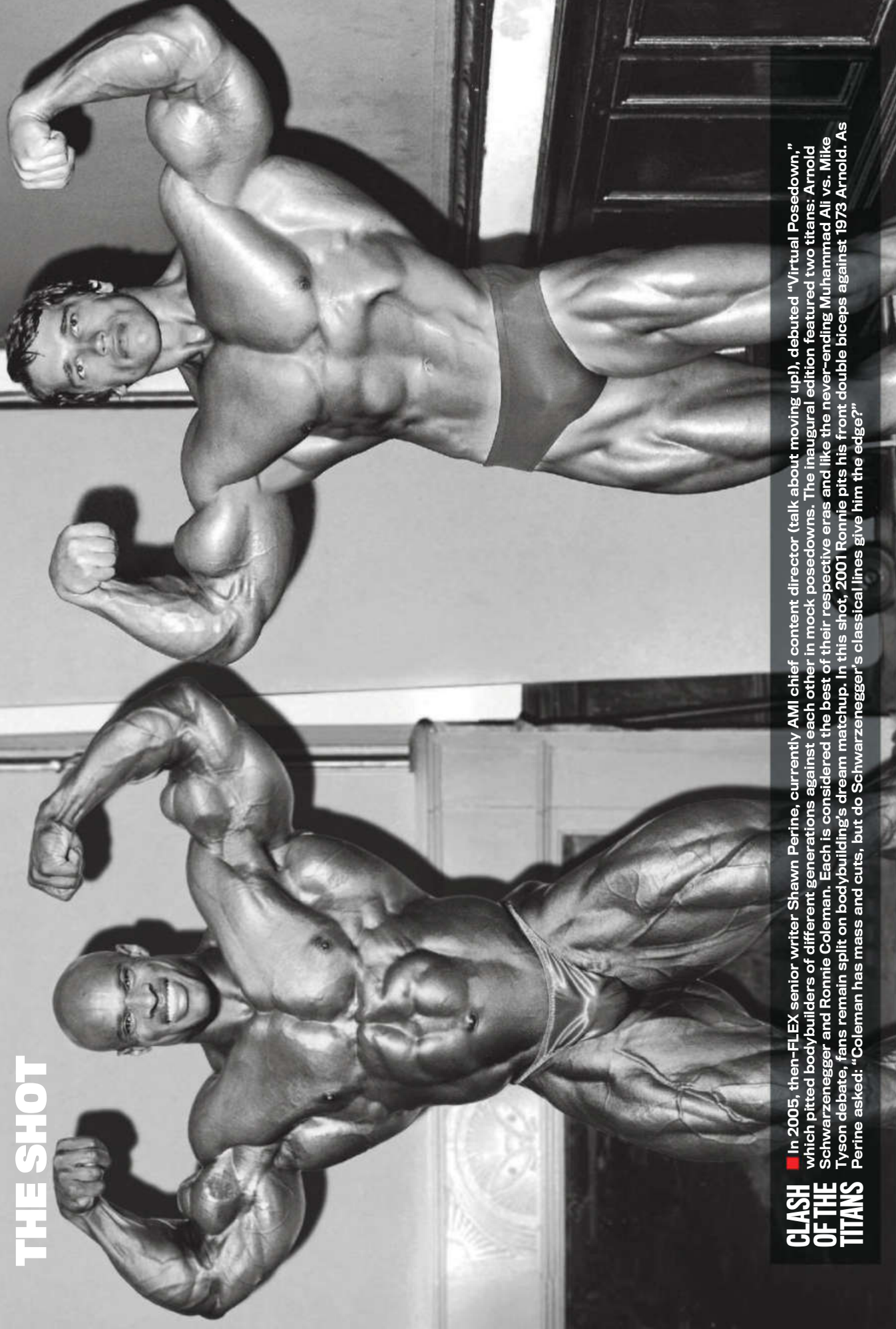
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THE SHOT

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■ In 2005, then-FLEX senior writer Shawn Perine, currently AML chief content director (talk about moving up!), debuted "Virtual Posedown," which pitted bodybuilders of different generations against each other in mock posedowns. The inaugural edition featured two titans: Arnold Schwarzenegger and Ronnie Coleman. Each is considered the best of their respective eras and like the never-ending Muhammad Ali vs. Mike Tyson debate, fans remain split on bodybuilding's dream matchup. In this shot, 2001 Ronnie pits his front double biceps against 1973 Arnold. As Perine asked: "Coleman has mass and cuts, but do Schwarzenegger's classical lines give him the edge?"





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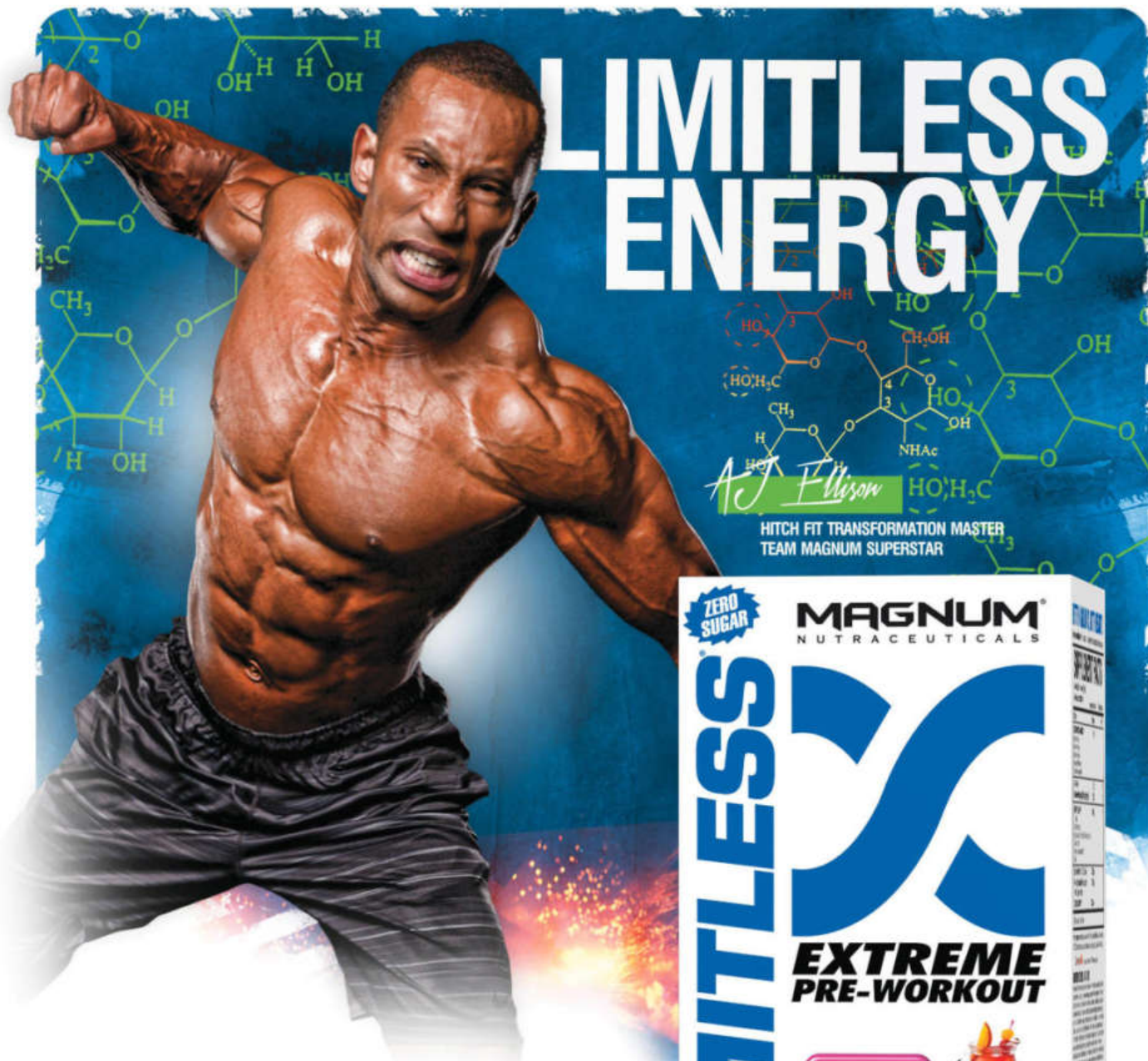
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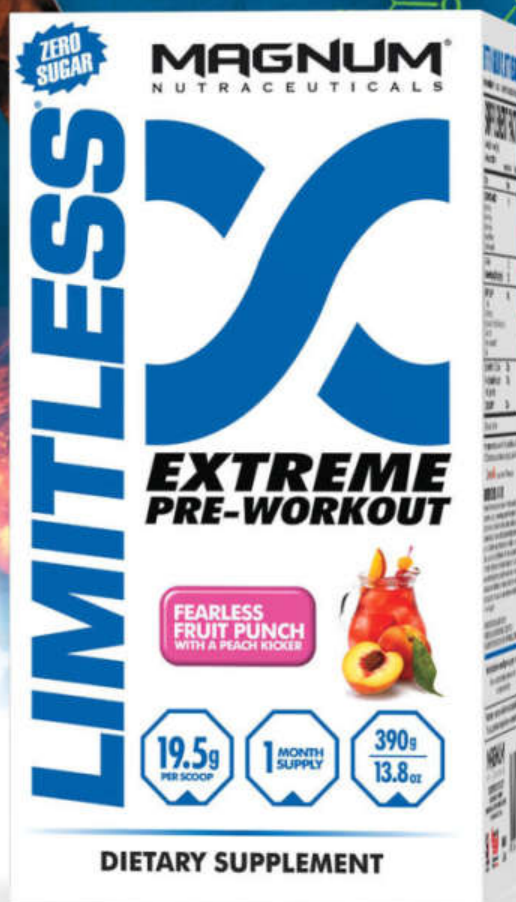
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